Browse through the variety of programs offered for youth and adults.

Sports Starters (ages 3 - 5)
A fun introduction to individual sports skills. Various balls, bean bags, and hula hoops will be used to help your toddlers understand and execute the skills of running, catching, throwing, and kicking. Class emphasis is on participation, effort, and FUN! Wear gym shoes and bring a water bottle. Instructor: Leisure Unlimited (www.leisureunlimited.net), minimum 9 students.

Wednesday at Salter Community Center
Feb. 13 - March 27, 4:00 - 4:45 pm  YA 2001
Fee:  Res. $82; Non-Res. $87 / 7 weeks

Kiddie Sports and Games (ages 4 - 6)
Introduce your youngsters to a variety of sports including soccer, lacrosse, floor hockey, tee-ball, volleyball, pickelball, kickball, football, and a few surprises! We teach sports fundamentals with fun, progressive drills and games. Children improve their individual skills and work at their own pace. Our emphasis is on teamwork, cooperation and effort. Bring a water bottle and wear gym shoes. Instructor: Leisure Unlimited (www.leisureunlimited.net), minimum 9 students.

Wednesday at Salter Community Center
Feb. 13 - March 27, 5:00 - 5:55 pm  YA 2002
Fee:  Res. $82; Non-Res. $87 / 7 weeks

Youth Basketball (ages 7-11)
Jump into the fast-paced game of basketball. For the beginning and intermediate player. Using progressive drills and games, players will learn dribbling, passing, positions, shooting techniques, offenses and defenses. Kids will scrimmage during class time. Emphasis is on effort, teamwork and sportsmanship. Wear gym shoes, bring a water bottle and a ball (ball is optional). Instructor: Leisure Unlimited (www.leisureunlimited.net), minimum 9 students.

Wednesday at Salter Community Center
Feb. 13 - March 27, 6:00-6:55 pm  YA 2003
Fee:  Res. $82; Non-Res. $87 / 7 weeks

TumbleBunnies Gymnastics
www.tumblebunnys.com
Itty Bitty Bunny – ages 18 months - 2 years
This fun, energetic class has parents working with their child that is filled with a variety of activities such as gymnastics focused warm-ups, movement to music, many activities on a ton of equipment such as octagons, wedge mats, trampoline, bars and much more. Comfortable clothing is all that’s required. Minimum of 8 students.

Tuesday at Salter Community Center
Jan. 15 - March 26, 9:30 - 10:00 am  YA3009
Fee:  $120 / 10 weeks
No class 2/19

TumbleBunnies Gymnastics – ages 3 and older
Students will be introduced to the wonderful world of gymnastics by using equipment such as balance beams, bars, trampoline, vault, octagons, wedge mats and so much more. Our classes are fun, fast moving and challenging. Our enthusiastic instructors will make each child feel special and encourage them to do their very best. Each session is non-repetitive throughout the session and filled with all new skills and drills. Comfortable clothing is all that is required. Minimum of 8 students per session.

Who to Contact
John Lindell Ice Arena  248-246-3950
Swimming (see page 40)  248-435-8500 ext. 1148 or 1087
Boys & Girls Club of SOC  248-544-4166
RO Sandlot League  www.royaloaksandlot.com
Royal Oak Football Club (formerly ROYSA)  www.royaloakfc.com
Royal Oak Youth Football  www.royft.com
Royal Oak Hockey  www.royaloakhockeyclub.com
Four Seasons Preschool offers a wonderful learning environment for children ages three through five years old.

We are currently full for the 2018-2019 school year.

We will begin registration for the Fall 2019 school year on Tuesday, February 5 at 9:00 am. Walk-in registrations will have first priority from 9:00 to 10:00 am that morning in person at the recreation office, 1600 N. Campbell Road. We will process registrations by mail, fax or online at www.royalrec.com beginning at 10:00 am. If you are interested in being placed on our mailing list for a registration flyer, please call 248-246-3180.

The Four Seasons Preschool is located at the Senior/Community Center, 3500 Marais (1 block north of 13 Mile, 3 blocks east of Crooks).

Our program offers the following:

• Story Time
• Physical Education
• Music
• Computers
• Hands-on activities that promote pre-reading, pre-math, thinking and reasoning skills, and language development.

2018 - 2019 Class Schedule and Pricing

Tues/Thurs Morning, 8:30 - 11:00 am
PRE2018-R3
Tuition for our morning 2-day a week program is $1,072. This includes a non-refundable registration fee of $100 and three installments of $324.

Mon/Wed/Fri Morning, 8:30 - 11:00 am
PRE2018-R1
Tuition for our morning 3-day a week program is $1,609. This includes a non-refundable registration fee of $100 and three installments of $503.

Mon/Tues/Thurs Afternoon, 12:15 - 2:45 pm
PRE2018-R2
Tuition for our afternoon 4-day a week program is $2,146. This includes a non-refundable registration fee of $100 and three installments of $682.

Four Seasons Preschool is licensed by the State of Michigan
www.fourseasonspreschoolonline.com
This introductory program to traditional Tang Soo Do has been commended by many communities, law enforcement personnel, teachers and parents for the positive impact it has on children. It is a 20-year proven program that is positive, fun, exciting and educational. There is no better program for kids! Optional uniforms will be available for purchase at www.kidspowerkarate.com. Optional belt testing will be offered for a $20 fee.

**Little Ninjas – Ages 4-5**
The Little Ninjas Karate Program is an introductory karate class specifically designed for children ages 4 and 5. It focuses on teaching children eight important main life skills: Focus, Memory, Teamwork, Discipline, Self-Control, Fitness, Balance and Coordination. All this is achieved through exciting and fun games and activities! Wear loose fitting clothes. A responsible adult must remain in attendance during class.

**Saturday at PKSA Karate***
Jan. 26 - March 9, 10:00 - 10:30 am  YA2011  
Fee:  Res. $37; Non-Res. $42 / 6 weeks  
No class 2/16

**Kids Power – Ages 6-12**
The Kids Power Karate Program offers traditional martial arts training to children ages 6 through 12 and emphasizes self-defense, physical fitness, conflict resolution, team work and anti-kidnapping techniques. This program is designed specifically for children and teaches prevention first. It does not promote active aggressiveness but teaches children to respect themselves, others and the skills they learn. Wear loose fitting clothes. A responsible adult must remain in attendance during class.

**Saturday at PKSA Karate***
Jan. 26 - March 9, 10:45 - 11:30 am  YA2012  
Fee:  Res. $37; Non-Res. $42 / 6 weeks

*New location: PKSA Karate – 4304 Rochester Road (between 13 & 14 Mile Roads), Royal Oak

Our Department receives federal funds from the US Department of the Interior. Accordingly, all activities must be operated free from discrimination, on the basis of race, color, national origin, age or handicap. Any person who believes he or she has been discriminated against or who would like further information regarding the prohibition of discrimination should write to:

Director, Equal Opportunity Program  
National Parks Service  
PO Box 37127  
Washington DC  20013-7127

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**Storytime & Crafts with Cowboy ALEX**

Kids ages 3-8 years old will enjoy 45 minutes of stories, puppets, magic, crafts and fun with Cowboy ALEX. Sign up for one or all of the classes!

**On select Saturdays, 11:00 am at Senior/Community Center**  
**Fee:** $5 per child, per class:

- **Happy Holidays Storytime & Crafts**  
  Saturday, December 22  YA4012

- **Fabulous Factory Storytime & Crafts**  
  Saturday, January 26  YA4001

- **Revving Robots Storytime & Crafts**  
  Saturday, February 23  YA4002

- **Pleasing Peas & Carrots Storytime & Crafts**  
  Saturday, March 23  YA4003

- **Terrific Twins Storytime & Crafts**  
  Saturday, April 27  YA4004

**New for Winter!**

**Thursday mornings at the Salter Center**

Kids ages 3-8 years old will enjoy 45 minutes of stories, puppets, magic, crafts and fun with Cowboy ALEX. Sign up for one or all of the classes!

**On select Thursdays, 10:00 am at Salter Community Center**  
**Fee:** $5 per child, per class:

- **TREE-mendous Storytime & Crafts**  
  Thursday, December 20  YA4033

- **Delightful Dinosaur Storytime & Crafts**  
  Thursday, January 10  YA4034

- **Fabulous Fruits & Vegetables Storytime & Crafts**  
  Thursday, February 14  YA4035

- **Pokey Piggy Storytime & Crafts**  
  Thursday, March 14  YA4036

- **Racing Rabbit Storytime & Crafts**  
  Thursday, April 11  YA4037

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**Activity Cancellation**

Due to bad weather – 248-246-3187  
When Royal Oak Schools are closed, Recreation Department classes held in school facilities are cancelled.

**Special Thanks**

A special thanks to the Royal Oak School District for the excellent City-School cooperation which allows us to provide numerous activities in school facilities.
Hatha Yoga

Rejuvenate your mind and body. Improve your mental concentration, body alignment, and learn to enjoy deep relaxation. Join our basic Hatha Yoga class. Everyone is welcome regardless of age, flexibility, or fitness level. Postures can be modified to make the practice as gentle or challenging as each individual needs. We practice without competition or judgement. Yoga is especially beneficial for people leading stressful lives as it promotes centering, balance, and relaxation which enhances our quality of life. Classes are for all skill levels. Beginners are welcome. Wear comfortable, loose clothing and bring a mat, blanket and strap. Do not eat 1½ to 2 hours prior to class. Instructor: Christine Walbridge.

Monday at Senior/Community Center
Jan. 7 - April 15, 5:40 - 6:55 pm  AF2007
Jan. 7 - April 15, 7:00 - 8:15 pm  AF2008
No class 1/21
Fee: Res. $98; Non-Res. $103 / 14 weeks

Wednesday at Senior/Community Center
Jan. 9 - April 10, 5:40 - 6:55 pm  AF2009
Fee: Res. $98; Non-Res. $103 / 14 weeks

Thursday at Senior/Community Center
Jan. 10 - April 11, 7:00 - 8:15 pm  AF2010
Fee: Res. $98; Non-Res. $103 / 14 weeks

Tai Chi

An ancient Chinese discipline designed to enhance the body, mind and spirit and leave you feeling refreshed. You will gain better muscle tone, improve joint flexibility, and increase circulation. Wear comfortable, loose-fitting clothing. Han Hoong Wang has been certified as a Senior Instructor with Yang Family Tai Chi. She is a disciple of Grand Master Yang Zhen Dou and has been teaching more than 35 years.

Churchill Community Education Center: Please park and enter at the south main entrance off Girard only.

Yang Style Section 1 of 103 Form – Beginner
Class taught by Brian Buchanan,
Certified instructor by Yang Family Tai Chi
Monday, 6:30-7:30 pm  AF2001
Jan. 7 - March 25 at Churchill Community Education Center
Fee: Res. $80; Non-Res. $85 / 10 weeks
No class 1/21, 2/18

Yang Style Section 2-3 of 103 Form – Continuing
Monday, 7:30-8:30 pm  AF2002
Jan. 7 - March 25 at Churchill Community Education Center
Fee: Res. $80; Non-Res. $85 / 10 weeks
No class 1/21, 2/18

Short Staff Cont. & Long Staff 8 Basic Techniques,
Rooting & Energy Training
Monday, 8:30-9:30 pm  AF2003
Jan. 7 - March 25 at Churchill Community Education Center
Fee: Res. $80; Non-Res. $85 / 10 weeks
No class 1/21, 2/18

Yang Style Push Hand – Beginner
Class taught by Brian Buchanan, Certified instructor by Yang Family Tai Chi. Must know 103 hand form.
Thursday, 6:30-7:30 pm  AF2006
Jan. 10 - March 14 at Churchill Community Education Center
Fee: Res. $80; Non-Res. $85 / 10 weeks

Yang Style Push Hand & 8 Energy Applications
Continuing, must know push hand and all basic circles and changes.
Thursday, 7:30-8:30 pm  AF2004
Jan. 10 - March 14 at Churchill Community Education Center
Fee: Res. $80; Non-Res. $85 / 10 weeks

Tactical Self-Defense “TSD”

In today's increasingly violent world, the ability to defend yourself is critical. Men, women, and teens need time proven self protection skills now more than ever. Our unique program will teach you those skills quickly, effectively, and safely while learning about important elements such as awareness and strategy – all while having a ton of fun. You will learn how to deal decisively with any form of assault, grabs, punches, kicks, lock, or even armed attackers. The self-defense and martial arts skills you will learn at Tactical Self Defense are based on ancient techniques, designed and taught for a modern world. We know each individual is just that, and individual with different strengths and weaknesses. Martial arts is not a team sport, the only person that you are competing with is yourself. Students come to us from age 15 to 70. Some students are in shape while others are overweight. Some come for self defense, fitness, and others for pure fun. Each person is treated as an equal and is trained to the best of their own ability and potential. At Tactical Self Defense our instructors are there to guide, instruct, and motivate you to be the best you can be. Instructor Jeff Danuloff of Michigan has over 31 years of training in traditional and contemporary martial arts. He has taught students of all ages from Police Officers, to business executives, to youth groups – for the past decade in the Metro Detroit Area.

Wednesday at Salter Community Center
Jan. 16 - March 6, 7:30 - 8:45 pm  AF2401
Fee: Res. $72; Non-Res. $77 / 8 weeks
Low-Impact Workout to Oldies Music
GREAT FOR BEGINNERS!
Need to restart your exercise program? Perform simple low-impact, joint-friendly moves to burn calories, condition your body, and improve balance and functional fitness. Get a motivating workout to the songs you love to hear – without complicated choreography. Bring a mat for floor work (chairs are available for modified floor work) and water. Light hand weights are optional.

Thursday, 6:20 - 7:20 pm  Instructor: Angie M
Jan. 10 - March 21 at Salter Community Center  FF2002

20/20/20
This class includes 20 minutes each of three essential components of fitness: cardio, strength and flexibility. Cardio portion includes warm-up, aerobic drills and combos. Hand weights are used during strength segment. Core work followed by a series of controlled, static stretches in the final flexibility section will enhance range of motion and release stress. Bring a mat, hand weights and water.

Monday, 5:50-6:50 pm  Instructor: Karen B
Jan. 7 - March 25 at M/M Senior/Community Center  FF2005
No class 1/21

Wednesday, 5:50-6:50 pm  Instructor: Christine E
Jan. 9 - March 20 at M/M Senior/Community Center  FF2006

STRONG
Get leaner, fitter, stronger with this effective, heart-smart, high-energy combination of muscle conditioning, cardio, body weight and plyometric training moves. STRONG is a full body HIIT workout that’s as fun as it is challenging and can be modified for various fitness levels. Maximum fat burning while toning abs, glutes, arms and legs result in increased metabolism – that’s a higher caloric burn for the entire workout and post-class as well. Bring a mat, towel and water.

Monday, 7:00-8:00 pm  Instructor: Brannon W / Debbie S
Jan. 7 - March 25 at M/M Senior/Community Center  FF2025
No class 1/21

Zumba
Set to Latin and other international music with exotic rhythms, this fun dance fitness workout is extremely effective in burning calories and keeping the heart rate up. The steps are easy to learn and follow and will get you moving in an exhilarating new way for a high-energy class to tone and shape your entire body. Bring a water bottle and towel.

Thursday, 7:30-8:30 pm  Instructor: Joli P
Jan. 10 - March 21 at M/M Senior/Community Center  FF2017

Yoga Basics +
This class consists of a flowing series of movements connected to the breath. Each session begins with a centering meditation, continues with warm-ups, and moves into a flow of poses designed to improve balance, strength, and flexibility. Every practice ends in a resting meditation, leaving students with a sense of overall well-being. This class is a step up from basics but isn’t quite intermediate, so while some experience may be helpful, modifications will be offered. Dress in layers and bring a mat and any straps, blocks or blankets that may help facilitate your practice.

Wednesday, 7:15 - 8:15 pm  Instructor: Jennifer M, RYT-200
Jan. 9 - March 20 at M/M Senior/Community Center  FF2021

Mat Pilates
Pilates, a non-impact deep muscle conditioning method, strengthens the body’s “powerhouse” – the abdominal, glutal and back muscles – by redressing unbalances and altering movement patterns. This mat-intensive workout enhances posture, flexibility, endurance and balance while toning and firming your core and can be modified from gentle to challenging, depending on fitness level and goals. Bring a mat and light weights.

Monday, 6:20-7:20 pm  Instructor: Ginger V
Jan. 7 - March 25 at Salter Community Center  FF2013
No class 1/21

Wednesday, 6:20-7:20 pm  Instructor: Tammy R
Jan. 9 - March 20 at Salter Community Center  FF2014

Fees on page 7
Total Body Conditioning
Build muscle strength and endurance and burn more calories for safe, fast results with this joint-friendly training set to energetic music. Whether you are a beginner with new fitness goals or an experienced exerciser looking for a cross-training body toning workout, this fun class is for you. The cardio warm-up leads into weight training geared to sculpt and strengthen muscles, ending with a series of refreshing stretches. Bring a mat, hand weights, towel and water.

**Tuesday, 6:20-7:20 pm  Instructor: Angie M**
Jan. 8 - March 19 at M/M Senior/Community Center  FF2010

**Saturday, 8:45-9:45 am  Instructor: Angie M**
Jan. 12 - March 23 at Salter Community Center  FF2012

Fees for “Royal Oak Fitness” classes on pages 6 & 7 only:

<table>
<thead>
<tr>
<th></th>
<th>Res.</th>
<th>Non-Res.</th>
<th>11 weeks</th>
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<tbody>
<tr>
<td>1 class per week</td>
<td>$ 77</td>
<td>$ 82</td>
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<tr>
<td>2 classes per week</td>
<td>$144</td>
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<tr>
<td>3 classes per week</td>
<td>$198</td>
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<tr>
<td>4 classes per week</td>
<td>$244</td>
<td>$249</td>
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</table>

Note: You must indicate which days you will be attending; no make-ups or substitutions will be allowed.

Water Color Painting
Beginning through Experienced Students
Noted Bloomfield Hills artist, Karen Halpern, will guide beginning through experienced students in working effectively with watercolor. While learning about color, design, shading and painting techniques, you will enjoy the brilliance of the paint, the sparkle of its transparency, and the pleasure of color mixing. Supply list is available.

**Monday, 1:30 - 3:30 pm  at Senior/Community Center (Room 3)**
Jan. 7 - March 11  AE2006

No class 1/21

Fee:  Res. $116; Non-Res. $121 / 9 weeks

Chords are Key for Guitar
Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+. For more information go to justonceclasses.com. Class fee includes an online book and online video instruction.

**Monday, Feb. 25, 6:30 - 9:00 pm  at Salter Community Center**
Fee: Res. $59; Non-Res. $64 / 1 class  AE2013

Water Aerobics
You do not need to know how to swim. A challenging aerobics workout that is fun, safe and effective. Increase flexibility, tone and strengthen muscles utilizing the support and massaging effect of the water. Locker room available, bring your lock, towel and suit. Leave your valuables at home.

**Wednesday at Royal Oak Middle School Pool**
Jan. 9 - March 27, 7:00 - 7:55 pm  AF2011
Fee: Res. $84; Non-Res. $89 / 12 weeks
Cooking

**Perfect Pierogies**
In this fun, hands-on class you’ll work on your own and make about 2 dozen fresh and delicious pierogies from scratch over stuffed with fillings YOU get to choose! Learn how to flavor and season your dough, and ways to create endless varieties of savory or sweet fillings. Once you’ve made homemade pierogies you’ll never buy store brands again! Send an email to supplylist@gmail.com or call 586-549-7648 for a list of supplies to bring. Minimum age 16 years. Instructor: Andrea Janssen

*Friday, February 8, 7:00-9:30 pm at Senior Community Center*
Fee: $32 / 1 class  AE2210

**Scrumptious Pasties**
Create six large, scrumptious meat pies with flaky, buttery pie crusts (made from scratch!), and a savory beef or beef and pork filling with lots of your favorite freshly chopped vegetables. Discover how to make other varieties of pasties too! Send an email to supplylist@gmail.com or call 586-549-7648 for a list of supplies to bring. Minimum age 16 years.

*Friday, February 15, 7:00-9:30 pm at Senior Community Center*
Fee: $32 / 1 class  AE2220

**Asian Appetizers Night**
Make and take home these very popular (and delicious!) appetizers all from scratch. Create crunchy Chinese egg rolls and savory potstickers, crispy Thai spring rolls, and fresh Vietnamese spring rolls all ‘custom made’ by you with your favorite fillings! Send an email to supplylist@gmail.com or call 586-549-7648 for a list of supplies to bring. Minimum age 16. Class runs 2.5 hours. Instructor: Andrea Janssen

*Friday, February 22, 7:00-9:30 pm at Senior Community Center*
Fee: $32 / 1 class  AE2213

**Calling All Who Need More Sleep! Yoga Nidra is Here**
There is a Yoga practice that provides you with the equivalent of three hours of deep sleep during a 45-minute guided meditation. This deep ‘yogic Sleep’ allows the cells in your mind and body to repair and rejuvenate and greatly reduces stress. The initial 30 minutes of class will consist of very basic stretching, followed by a 45-minute Guided Yoga Nidra Meditation. During the Yoga Nidra portion of class, the lights will be dimmed and we will be lying on our backs. Some people like to bring blankets and pillows to support their body and allow for deeper relaxation. We will end with an optional 15-minute manifestation and sharing circle. Please come in comfy clothes, and bring a yoga mat, an open heart, and any props that will help you position your body to relax.

*Friday, March 8, 7:00-8:15 pm at M/M Senior Community Center*
Cost: $20.00  AF4000
Instructor: Preya Shah, PT, RYT-500

Adult Softball Leagues

We will offer the following leagues this season:

**League Offerings**

<table>
<thead>
<tr>
<th>Division</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>Coed Div III</td>
<td>Coed Div III</td>
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<tr>
<td>Men’s Div II</td>
<td>Men’s Div II</td>
<td>Men’s Div II</td>
<td>Men’s Div III</td>
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</tr>
</tbody>
</table>

Division III is ASA rated “D Recreational”.

**Registration Dates**

- **February 1 - 28**: Returning team and Royal Oak Resident team entry fee is due.
- **March 1 - 29 or until leagues sellout**: Open registration.
- **April 17**: Beginning April 17, Manager’s Packets will be available for pick up at the Royal Oak Department of Public Services, 1600 N. Campbell Rd. (east side of Campbell, just south of 12 Mile), 8:30 am - 4:30 pm.
- **Week of April 29**: All Leagues begin

**Entry Fee**
$600, includes 12-game season, playoff tournament for top four teams (single elimination), ASA Registration, and awards for Season Champs and Playoff Champs.

**Umpire Fee**
$15 per game per team (paid at site)

**Fields/Times**

- **Worden #1**: 6:10 pm, 7:20 pm
- **Worden #2**: 6:10 pm, 7:20 pm
- **Worden #5**: 6:10 pm, 7:20 pm, 8:30 pm
- **Kenwood #2**: 6:10 pm, 7:20 pm

Call 248-246-3180 for registration packet.
Non-resident teams are welcome to participate.
Royal Oak Sandlot League 2019
Baseball & Softball Registration

ROSL is open to youth that live in or attend any school in Royal Oak or Clawson. This volunteer run non-profit program begins practicing in May, with games starting in early June and the season running until the end of July. Children are placed in leagues according to their age as of May 1, 2019:

**Baseball**
- Ages 5-7  T-ball
- Ages 7-9  Control Pitch
- Ages 9-11  Freehan
- Ages 12-13  Kaline
- Ages 14-17  Harwell

**Fast Pitch Softball**
- Ages 8-11  Freshman
- 14U (12-14)  Junior
- 18U (14-18)  Senior

**Registration:**

**Online:** We will be accepting registrations online through our website listed below. Payment must be by credit card. Registration is open at [www.royaloaksandlot.com](http://www.royaloaksandlot.com).

**Information required to complete registration:**
- **ALL** residents must provide legal proof of birth date (birth certificate, baptismal record, passport)
- **ALL** residents must provide proof of residency (driver’s license or current utility bill)
- All non-residents attending a Royal Oak or Clawson school must provide proof of school attendance (a current report card or a letter from the school principal showing child’s name and school name.)

League openings are filled on a first-come, first-served basis. Placement on a team is not guaranteed and is subject to available openings in the League.

Please check our website for fees and registration information:
[www.royaloaksandlot.com](http://www.royaloaksandlot.com)

**Registration Deadline: April 1, 2019**

Register for Recreational Spring Soccer!

Royal Oak Football Club offers programs for all ages and skill levels from preschool to seniors in high school.

- ROFC focuses on fun teamwork and developing a player’s skills
- The Spring season runs from early April to early June
- Teams practice weekly (as determined by coaches) and play 10 games during the season
- ROFC offers summer camps, a 3 v 3 tournament, futsal and fun club-wide events

As a community-based, not-for-profit organization, ROFC recreational offers an affordable program for children to learn and play soccer.

Register online by February 1, 2019
Hurry, teams fill up quickly!

For more information and to register, visit [www.royaloakfc.com](http://www.royaloakfc.com)
Royal Oak Nature Society

Protecting Our Nature Parks and Educating the Community

The Royal Oak Nature Society is a volunteer group working with the city to maintain & improve Royal Oak’s two nature preserves, Cummingston Park & Tenhave Woods. They are also developing the Royal Oak Arboretum behind the Senior Center. If you are interested in joining the conservation effort or just need more information, please phone us at 248-246-3380 and leave a message, e-mail us at naturesociety@romi.gov, mail us at: Royal Oak Nature Society, 1600 N. Campbell Rd, Royal Oak, 48067 or check out our website at www.romi.gov/nature. You can also find us on Facebook. Park trail maps & maps showing the location of the two nature parks and the Royal Oak Arboretum can be found on our website. There is no preregistration or cost for our speaker programs and public nature walks.

Monthly Meeting / Speaker Program Schedule

Meetings/programs are held on Wednesdays from October through April at the Royal Oak Middle School located at 709 N. Washington, unless otherwise noted. Enter at the school’s southeast entrance and follow the “Nature Society” signs. Starting time is always at 7:30 pm. Usually, the programs are slide shows focusing on various natural history topics. If you watch nature programs on PBS or the Discovery channel, this is better, as you can meet afterwards and ask the speakers questions.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC &amp; SPEAKER</th>
</tr>
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<tbody>
<tr>
<td>Dec. 5</td>
<td>“Turkey Vultures: The Ghoulish Gourmand” with Dorothy McLeer, Interpretive Naturalist at the U of M-Dearborn Environmental Interpretive Center</td>
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<tr>
<td>Jan. 9</td>
<td>“Fungi Fundamentals” with Mary Fredricks, the Nature Society mycologist</td>
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<tr>
<td>Feb. 6</td>
<td>“Monarch Biology and Conservation” with Debbie Johnson, Monarch Watch Conservation Specialist</td>
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</tbody>
</table>

Nature Walk Schedule

Meet at the park/arboretum

There is at least one naturalist lead walk per month with additional ones added during the spring wildflower and fall color seasons. An emphasis is put on understanding the different forest types found in our parks. Further information is given on individual plant and animal species, geology and human history of the area. Dogs are not allowed inside either Tenhave Woods or Cummingston Park. Wearing boots while in the parks is recommended during the winter and spring months. Dressing appropriately for bugs and using insect repellent is advised from late spring through the end of summer. To learn more about the parks, please come to our naturalist led nature walks listed below.

For Cummingston, park & meet at Torquay & Leafdale (just east of Meijer). For Tenhave Woods (just east of RO High School), park at the Marais/Lexington lot and walk about 300’ east to the entrance. For Tenhave Owl Hoots, & Full Moon Walks, park & meet at Marais/Lexington lot. For the Arboretum, park and meet at the Senior/Community Center (3500 Marais) lot-north end.

Friends of Fungi Mycology Club

The Friends of Fungi Mycology Club program will be held on January 9 at Royal Oak Middle School (709 N. Washington) at 7:30 pm. This program will be the Nature Society’s January speaker program. On February 13, the program will be held at the Royal Oak Senior Center (3500 Marais) at 7:00 pm. There is no cost or preregistration. Everyone is welcome.

Royal Oak Symphony Orchestra

Celebrating its 24th season, the orchestra is a cultural offering to Royal Oak and our neighboring communities. Formed specifically for area musicians who desire to continue making music a life-long avocation, the orchestra is comprised of adults of all ages and professions. ROSO meets every Wednesday evening from 7:30-9:30 at Royal Oak Middle School and performs four concerts each season. For concert ticket information, call 248-549-0262. If interested in joining, click on the “Auditions” tab on the website: www.royaloakorchestra.org.

Concert admission: $15; Students and Seniors, $12; Ages 18 and under free.

Schedule:   Friday, December 7, 8:00 pm, RO Middle School
            Friday, March 15, 8:00 pm, Birmingham Seaholm H.S.

Royal Oak Concert Band

Organized in the mid-1960s, the Royal Oak Concert Band is the oldest community band in southeastern Michigan. The band meets each Monday, 7:00-9:00 pm, September through May, at Royal Oak Middle School. The ROCB is always looking for new members. If you are interested in joining, please visit their website at www.royaloakconcertband.org.

Concert admission: $10; Seniors and students, $8; Ages 12 and under free.

Schedule:   Sunday, December 16, 3:00 pm, Sounds of the Season
            RO Middle School
            Sunday, March 3, 3:00 pm, A Tour of Europe!
            RO Middle School
LEARN TO SKATE
Where it all begins.
Classes offered all year round. Ages 3 & Up. Introduction to figure skating and hockey.

OPEN SKATING
Skate at your own leisure. Bring friends and family to share the fun. GENERAL, ADULT and PRESCHOOL sessions offered. Check schedule for days and times.

SK8 JAMZ
OPEN SKATE WITH MUSIC & LIGHTING
ALL AGES ARE WELCOME.
Skate rental is included in the admission price. Check schedule for days and times.

LEARN TO SKATE
Where it all begins.

NEW EDGE
The New Edge Figure Skating Club offers a variety of opportunities for skaters to test and compete. As well as many opportunities for skaters to have fun and make new friends.

www.newedgefsc.org

ADULT WOMEN’S LEAGUE
for Beginners to Intermediate Ability
Two games per week from May through July
Individual Registration – Jersey included

ADULT HOCKEY LEAGUE
Summer League: JUNE - MID AUGUST
Fall/Winter League: SEPTEMBER - MARCH
Spring League: APRIL - JUNE

DROP IN HOCKEY
18 and up-full equipment come in play a competitive game of hockey with fellow adult skaters.

STICKS & PUCKS
Open to all ages. Full equipment required

EAGLES
Travel Hockey

• Lil Eagles Learn to Play – ages 4-10
• 8 & under youth hockey program
• House hockey for all youth age divisions
• Travel A & AA Hockey Squirt - Midget

www.royaloakhockeyclub.com

SUBURBAN HOCKEY SCHOOLS
Instructional experience that improves skills, knowledge of the game, and overall self-confidence as it relates to the game through a “positive” learning experience.

CAMPS OFFERED 2018 www.suburbanhockey.com

For more information on any of these programs, please visit ROYALOAKICEARENA.COM
How to Register for Programs and Classes

Registration begins on November 16 for in-person, mail, fax and online submissions.

Mail-In Registration
You may send a completed registration form (or reasonable facsimile) with payment to:

Royal Oak Recreation
PO Box 64
Royal Oak, MI 48068-0064

Do not send cash. Make checks payable to Royal Oak Recreation. Use separate checks for different classes in case one of your desired classes is filled. Returned check fee is $35. To receive a receipt, please include your e-mail address.

Fax Registration
Fax registrations are accepted 24/7 at 248-246-3007. Fax payment by credit card only – please include credit card number, security code, expiration date, and your signature on registration form. To receive a receipt, please include your e-mail address.

In Person Registration
Walk-in registrations are accepted at the Recreation Office Monday through Friday, 8:30 am to 5:00 pm. The Recreation Office is located at the Dept. of Public Service, 1600 N Campbell Road, Royal Oak MI 48067. We accept payment in person by cash, check, Visa, M/C or Discover.

Refunds
Refunds will be granted up to one week prior to the start of a class or camp, less a $5 service fee. Refunds will be granted after the first week of class less a $10 service fee. NO REFUNDS WILL BE GRANTED AFTER THE SECOND WEEK OF CLASS. NO REFUNDS ONCE A CAMP HAS STARTED. No refunds on one-day classes. Allow 3 weeks for refund check. Fees charged on credit cards must be credited back to your credit card, LESS SERVICE FEES INDICATED.

NOTE: Children should not accompany their parents to classes designated for adult participants only.

Senior Center classes are open to adults of all ages who are available for daytime activities.

How to Register for Programs Online

www.royaloakrec.com
For additional information, click on “answers to frequently asked questions” on the home page.

Open Online Registration
November 16

General Guidelines
If anyone in your family has taken a Recreation or Senior Center class since 2012, your household account may already be set up. Be sure to check for an existing account before attempting to create a new one. If you are not sure, you can call the office to check. You will need to obtain a temporary password (which you should change) from the office to log into an existing account. Your account login is your e-mail address.

If you have never registered for class with Royal Oak Recreation or the Senior Center, you will need to “create a new account” through the website. You cannot register for classes as a “guest”.

Online registration will only be available for some programs. You can only register your own family. For transfers, corrections or questions, please call the Recreation Office at 248-246-3180, Monday through Friday, 8:30 am to 5:00 pm.

Low Enrollment
Royal Oak Recreation and the Senior Center reserves the right to cancel classes due to low enrollment. Full refunds will be given if a class/camp is cancelled by Royal Oak Recreation. Please register early so we don’t cancel your class!

Insufficient Funds
There will be a $35 Returned Check Charge to all accounts for checks that are returned by the bank.

Royal Oak Recreation 248-246-3180
8:30 am to 5:00 pm, Monday - Friday

Royal Oak Senior Center 248-246-3900
9:00 am to 4:30 pm, Monday - Friday

No Telephone Registrations
Registration for all Day Trips and Extended Trips should be done at the Mahany/Meininger Senior Community Center, 3500 Marais.
Registration Information

Registration Form

Student Name _________________________________________ Date of Birth ____________ Male/Female ______

Address ____________________________________________ City, Zip ________________________________

Telephone - Home Work __________________________________________________

E-mail ______________________________________________

Class ___________________________________ Day ______ Time ______ Start Date __________

Class ___________________________________ Day ______ Time ______ Start Date __________

Amount enclosed: $ _____________________________________

Payment Method: [ ] Check [ ] Cash

[ ] Visa/Discover # ________________________________ 3-digit Security Code __________
[ ] Mastercard # ________________________________ 3-digit Security Code __________

Cardholder Name ________________________________ Expiration Date ______________

Signature of Cardholder _____________________________________________________

I hereby voluntarily release and hold harmless the City of Royal Oak, City of Royal Oak Contractors/Independent Contractors and the Royal Oak School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching and traveling to or from this activity.

Signed ______________________________________________ Date ___________________________________

(If youth, parent or guardian must sign)

Registration Form

Student Name _________________________________________ Date of Birth ____________ Male/Female ______

Address ____________________________________________ City, Zip ________________________________

Telephone - Home Work __________________________________________________

E-mail ______________________________________________

Class ___________________________________ Day ______ Time ______ Start Date __________

Class ___________________________________ Day ______ Time ______ Start Date __________

Amount enclosed: $ _____________________________________

Payment Method: [ ] Check [ ] Cash

[ ] Visa/Discover # ________________________________ 3-digit Security Code __________
[ ] Mastercard # ________________________________ 3-digit Security Code __________

Cardholder Name ________________________________ Expiration Date ______________

Signature of Cardholder _____________________________________________________

I hereby voluntarily release and hold harmless the City of Royal Oak, City of Royal Oak Contractors/Independent Contractors and the Royal Oak School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching and traveling to or from this activity.

Signed ______________________________________________ Date ___________________________________

Winter 2019
Picnic Shelter Rental

Picnic shelters are available for rent at Starr/JC, VFW and Memorial Parks. Royal Oak residents and businesses may secure rental permits beginning January 2 through March 29 for the 2019 season. Non-residents may apply beginning April 1.

All rentals must be processed in person at the Recreation Office, 1600 N Campbell Rd, Monday through Friday, 8:30 am - 4:30 pm. Please call 248-246-3180 for rental rates and availability.
Leo Mahany / Harold Meininger
Senior Community Center
3500 Marais • (248) 246-3900 • www.romi.gov

Jack & Patti Salter Community Center
1545 E. Lincoln

We are a team that values integrity, approaching all situations with a positive attitude, and creating an environment of respect, fairness, and empathy.

Code of Conduct
• Live the Golden Rule
• Embody Honesty
• Act with Patience
• Take Responsibility
• Listen Attentively
• Communicate Effectively
• Lead by Example
• Be Proactive

Live Royal Oak

Drop in either community center Monday through Friday. Pick up our monthly newsletter, Times. Start enjoying opportunities for lifelong education, fitness, and leisure activities. Try a great meal at Tim’s Kitchen (M/M Center) for $3.50. The staff is committed to working with and for seniors to develop activities and services that support their efforts to remain healthy, active and independent.

Mission Statement:
The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities. Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

The City of Royal Oak’s Recreation Department does not discriminate against any program participant or applicant for participation because of actual or perceived race, color, religion, national origin, sex, age, height, weight, condition of pregnancy, marital status, physical or mental limitation, legal source of income, family responsibilities, sexual orientation, gender identity, or HIV status of person, that person’s relatives, or that person’s associates or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination.

Royal Oak Seniors Resource Center
Stop by the Senior Resource Center for brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are $10 monthly or $100 yearly.

Rental Information
The use of the Leo Mahany/ Harold Meininger Senior Community Center shall be available to nonprofit organizations and groups engaged in educational, cultural, civic or charitable activities or private functions (birthday parties, wedding receptions, baby and wedding showers, graduation parties, etc.). Room set-up and take-down is the responsibility of the requesting organization. Please call (248) 246-3900 for rental fees and room availability.

Special Events and Workshops

December
17 Creative Coloring $2.00 10:30 am
17 Salter Center Book Club 10:00 am
18 Lunch and Learn 11:30 am
21 Coping with the Holidays 10:30 am
21 Kerry Price FREE 12:30 pm
28 Movie 12:30 pm
28 Dinner Dance $16 7:00 pm

January
4 Welcome, Newcomers 10:30 am
7 Creative Coloring $2.00 10:30 am
8 Manicures by app’t 9:00 am
11 Movie 12:30 pm
15 Lunch and Learn 11:30 am
17 Rybicki Travel Show 10:30 am
18 Kerry Price on Piano $2.00 12:30 pm
22 Lunch and Learn 11:30 am
25 Movie 12:30 pm
28 Pool Tournament 9:00 am
28 Salter Center Book Club 10:00 am

February
4 Welcome, Newcomers 10:30 am
5 Lunch and Learn 11:30 am
8 Creative Coloring $2.00 10:30 am
12 Manicures by app’t 9:00 am
15 Kerry Price on Piano $2.00 12:30 pm
18 Salter Center Book Club 10:00 am
18 Creative Coloring $2.00 10:30 am
22 Movie 12:30 pm

March
1 BINGO 12:30 pm
4 Welcome, Newcomers 10:30 am
4 Creative Coloring $2.00 10:30 am
8 Creative Coloring $2.00 10:30 am
12 Manicures by app’t 9:00 am
15 Kerry Price on Piano $2.00 12:30 pm
18 Salter Center Book Club 10:00 am
18 Creative Coloring $2.00 10:30 am
22 Movie 12:30 pm
22 Dinner Dance $13 6:00 pm

Medical Equipment Loan Closet
Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep them as long as necessary and return clean. Clean, working durable medical equipment donations are also accepted. Please call (248) 246-3900 prior to bringing in equipment.
Travel is Fun!

Register at royaloakrec.com

Extended Trips

Philadelphia Flower Show $694 pp/dbl
March 7 - 10, 2019 Bianco Tours
Stay in the heart of Philadelphia's historic district for three history- and fun-filled days! See Christ Church, Betsy Ross House and the Liberty Bell on a tour of Philadelphia before heading to the largest flower show in the world and the oldest in the nation! You'll have plenty of free time to explore on your own, and there are stops at the National Constitution Center and the Historic District. Cost includes transportation via motor coach, accommodations and all tours. $20 deposit; balance due Feb. 7, 2019.

Texas $2789 pp/dbl
March 18 - 29, 2019 T1012F Shoreline Tours
Explore Dallas, Fort Worth, Waco, San Antonio and Hot Springs, AK, on this fun trip! You'll have sightseeing tours of these cities, as well as special stops at the Sixth Floor Museum, AT&T Stadium, Fort Worth Stockyard, Southfork Ranch, the Mary Kay Museum, The Alamo, a San Antonio River Cruise, and a visit to Jo and Chip's Magnolia Market Silo (as seen on HGTV). Cost includes transportation via motor coach, accommodations, 18 meals and much more! $20 deposit; balance due Jan. 17, 2019.

Firekeeper's Casino $147 pp/dbl
March 26 - 27, 2019 Bianco Tours
Travel to Gun Lake Casino in Wayland, MI for a little gaming fun before making your way to FireKeeper's Casino and Hotel. There's something for everyone! Receive $50 in slot play and $20 in food vouchers. Cost includes transportation via motor coach and accommodations. $20 deposit; balance due February 26, 2019.

Chicago Weekender $354 pp/dbl
April 26 - 27, 2019 Bianco Tours
Stay a few blocks from the Miracle Mile, indulge in Chicago-style pizza, take a guided tour of Chicago, and experience A Chorus Line – winner of 9 Tony Awards! This is a perfect way to spend a glorious time in the windy city! Cost includes transportation via motor coach, tours, performance, one dinner and accommodations. $20 deposit; balance due March 26, 2019.

Carolina Dreamin' $1,599 pp/dbl
April 28 - May 5, 2019 Rybicki Tours
Your ocean-front resort in Myrtle Beach will set the tone for this great escape! Spend two nights each right in the Historic Districts of Charleston and Savannah. You'll have a guided trolley / carriage tour in each lovely city’s historic area, time to shop as well as a tour of historic Fort Sumter. Don’t forget the Savannah Riverboat Dinner Cruise! Cost includes transportation via Senior Bus, accommodations, 11 meals and much more! $100 deposit; balance due March 15.

Ark Encounter $319 pp/dbl
May 2 - 3, 2019 Bianco Tours
This two-day journey brings you to the Creation Museum in Petersburg, KY, then to the jaw-dropping re-creation of Noah's Ark. The Museum brings the pages of the Bible to life, casting its characters and animals in dynamic form and placing them in familiar settings. The Ark is the largest timber-framed structure in the world at 510 feet long. It's a one-of-a-kind attraction everyone will enjoy! Cost includes transportation via motor coach, accommodation and dinner. $20 deposit; balance due April 2, 2019.

Cape May $1299 pp/dbl
May 18 - 23, 2019 Rybicki Tours
Cape May is America's original seaside resort! And if you like all things Victorian, you're in for a treat. Stay three nights at an ocean-front property with balcony, tour this charming town on a trolley, and enjoy a special luncheon at the Carriage House Tea Room. You'll also enjoy a two-hour dolphin watch history tour, tour Longwood Gardens, one of the leading botanical gardens in the country, and tour the QVC Studio. Cost includes transportation via motor coach, accommodations, eight meals and more! $100 deposit; balance due April 1, 2019.

The Old South $1899 pp/dbl
May 18 - 25, 2019 T1005W Shoreline Tours
Horse carriage tours and trolley tours replace the standard Motorcoach tours in this well-thought-out trip to Charleston and Savannah. Historic preservation is a point of pride in Charleston, where the historic harbor, walled gardens, historic churches and plantations highlight this lovely city. In Savannah, you'll see over 100 points of interest via the Old Town Trolley's Hop On / Hop Off Trolley. Cost includes transportation via motor coach, accommodations, 11 meals and much more! $100 deposit; balance due April 1, 2019.

Lilac Festival $699 pp/dbl
June 14 - 17, 2019 Rybicki Tours
Celebrate Mackinac Island's Lilac Festival! Stay at the historic Lake View Hotel in downtown Mackinac Island, enjoy lunch at the Grand Hotel, daily festival activities, take a carriage tour of the island, and SMELL those fabulous lilacs! Cost includes transportation via motor coach, accommodations, luggage handling, five meals and much more! $50 deposit; balance due May 3, 2019.
Day Trips

Detroit Symphony Orchestra
CLASSICAL Coffee Concerts 2019
Fridays, 9:15 am - 1:30 pm
$31 per concert – Mid-Balcony

February 15, 2019 T1008W
Appalachian Spring - Leonard Slatkin conducts; Jen-Yves Thibaudet on piano. Featuring: Bernstein's Symphony No. 2, The Age of Anxiety; Berber's Adagio for Strings and Copland's Suite from Appalachian Spring.

April 12, 2019 T1009W
Beethoven's Piano Concerto No. 4 - Ludovic Morlot conducts; Helene Grimaud on piano. Featuring: Sebastian Currier's Divisions; Beethoven's Piano Concerto No. 4 and Prokofiev's Symphony No. 5.

Detroit Symphony Orchestra
POPS Coffee Concerts 2019
Fridays, 9:15 am - 1:30 pm
$68 per concert – Dress Circle

June 14, 2019
The Wonderful Music of Oz T1010SP
Defy gravity and follow the yellow brick road on a musical journey over the rainbow. From Wicked to Elton John, relive the music inspired by Frank Baum's classic novel.

Detroit Institute of Arts
Thursdays at the Museum $5
Thursday, December 6 T1015F
12:30 - 3:45 pm
Today's activity at the Detroit Institute of Arts is a docent-led Tour of the Highlights of the Permanent Collection. You may skip the presentation and explore the museum on your own if you wish. Cost includes transportation via motor coach, lecture and cookie reception.

The Historic Whitney $73
Tuesday, December 11 T1020F
10:45 am - 5:00 pm Bianco Tours
Start with lunch at The Big Fish Seafood Bistro – make your choice from Traditional Fish & Chips, Chicken Cape Codder or Tavern Burger at registration. Then it's on to the Whitney, Detroit's most iconic mansion. Take a guided stroll through the mansion while sipping champagne! Last stop is the historic Pewabic Pottery where you'll take a self-guided tour. Cost includes transportation via motor coach, lunch and tours.

December Restaurant: Granite City
Wednesday, December 19 T1036F
12:15 - 2:00 pm
“Our passion for perfection begins in our kitchens, our chefs create incredible made-from-scratch food, and our friendly staff have a passion for service.” Come along to celebrate December with friends on our semi-monthly restaurant trip out! Lunch on your own; 20% gratuity will be added if group is over 8. Average: $14.

Cirque du Soleil $134
Sunday, January 13 T1038F
11:30 am - 5:30 pm Rybicki Tours
The latest and most enchanting Cirque du Soleil, Corteo, will be at Little Caesars Arena. The cast includes 51 acrobats, musicians, singers and actors from all around the world! Early dinner following the show will be at Traffic Jam & Snug. Cost includes transportation via motor coach, performance and dinner.

Meadow Brook Theatre
A Fox on the Fairway $34
Wednesday, January 23 T1034F
1:00 - 4:30 pm
A tribute to the great English farces of the 1930's and 40's, A Fox on the Fairway takes audiences on a hilarious romp. The rug is pulled out from underneath the stuffy denizens of a private country club, in this charmingly madcap adventure about love, life, and man’s eternal love affair with…golf. Cost includes transportation via motor coach, performance and dinner.

Mid-Winter Recharge $39
Thursday, January 31 T1011W
9:30 am - 2:30 pm
Get a shot of the tropics with a visit to the Belle Isle Conservatory. See banana trees, orchids and even cacti inside the warm, glass-enclosed greenhouse, the oldest continually-running conservatory in the U.S! Next is a trip up Woodward Ave, with drive-by's of Boston-Edison district and Campus Martius. We'll stop in mid-town at the cozy Union Street for sandwiches, then dessert at Jim Brady's in Royal Oak. Cost includes transportation via Senior Bus, lunch and dessert.

Detroit Behind the Scenes Tour $85
Thursday, February 28 T1015W
9:15 am - 3:15 pm Bianco Tours
Here are tours of two of Detroit's most iconic buildings: The Fisher Building and the Detroit Opera House. Remember the phrase, “From the Golden Tower of the Fisher Building”? Find out where this originated and learn about the extensive history and architectural details of the largest marble skyscraper in the world! Lunch is at Mario's Restaurant; make your choice upon registration. Cost includes transportation via motor coach, tours and lunch.

Meadow Brook Theatre
The Spitfire Grill $35
Wednesday, March 6 T1020W
1:00 - 4:30 pm
A feisty parolee follows her dreams to a small Wisconsin town and finds herself working at Hannah's Spitfire Grill, recently for sale. It will be raffled off to the writer of the best essay on why you want the grill. See what happens when mail arrives by the bucketload! Cost includes transportation via Senior Bus and performance. Sign-Up Deadline: Wednesday, December 19, 2018.

Mid-Winter Recharge
$39
Thursday, January 31 T1011W
9:30 am - 2:30 pm
Get a shot of the tropics with a visit to the Belle Isle Conservatory. See banana trees, orchids and even cacti inside the warm, glass-enclosed greenhouse, the oldest continually-running conservatory in the U.S! Next is a trip up Woodward Ave, with drive-by's of Boston-Edison district and Campus Martius. We'll stop in mid-town at the cozy Union Street for sandwiches, then dessert at Jim Brady's in Royal Oak. Cost includes transportation via Senior Bus, lunch and dessert.

More Day Trips on page 21

Winter 2019 17 City of Royal Oak
Welcome Newcomers
1st Monday, 10:30 am
Jan. 7, Feb. 4, March 4
Here’s your chance to acquaint yourself with the programs and services available at the Mahany/Meininger Senior Community Center. Learn how to register for classes, trips, programs, and meet the staff. Receive a complimentary lunch. Call 246-3900 to reserve. Need a ride from your R.O. home? Call 246-3914.

Crochet Creations
Thursdays, 12:15 pm
Join this group for an afternoon of stitching your personal work in progress; pattern discussion; and/or help reading a pattern or learning a new stitch. Beginners are welcome, we will teach you how to crochet. Several times a year, the group jointly creates projects to give back to the community. No charge.

Helping Hands
Tuesdays & Thursdays, 9:30 am
Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes hats, scarves, lap robes and afghans. Currently working with Beaumont Hospital, Judson Center, local churches and other charitable organizations.

Monthly Pool Tournament
Monday, Jan. 28, 9:30 am
No tournament in Feb. and March
Enjoy a luck-of-the-draw singles tournament for fun and cash prizes. Men and women ages 55+ are welcome. Refreshments served. $3.00 fee payable at the door.

BINGO! Try Your Luck!
Friday, Jan. 4 at 12:30 pm
Friday, Feb. 1 at 12:30 pm
Friday, March 1 at 12:30 pm
Royal Oak Senior Center First Friday Recreational BINGO. BINGO cards 25 cents per card with a max of three (3). Format is ONE coverall prize at $5.00 and six (6) regular games with prizes! All revenue from BINGO is used towards future BINGO prizes. BINGO is conducted solely for the amusement and recreation of the ROSC guests.

“Star-Grabbers”
Amateur Astronomy Club
2nd & 4th Wednesdays, 10:00 am
Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Star Grabbers meet to discuss current astronomical events, view interesting lectures, and share personal viewing experiences. Donations accepted.

Kerry Price on Piano
Holiday Special!
Friday, Dec. 21, 12:30 pm
Enjoy a holiday special performed by Kerry Price. The December program will be Kerry’s gift to you. Sing lots of holiday songs and play some holiday trivia. Refreshments served. Free!

Kerry Price on Piano
3rd Friday, 12:30 pm
Jan. 18, Feb. 15, March 15
Don’t miss these musical programs written and performed by Kerry Price, sure to be both entertaining and educational. Ms. Price, a popular vocalist and pianist, has delighted audiences with her one-woman programs since 1976! $2.00 per program, payable at the door.

Dinner Dances
Tickets available six weeks before dances (table reserved for singles). Deadline to register is 12:00 noon on Monday before the dance.

Friday, December 28, 2018 D1008F 7:00 - 10:00 pm
Begin your New Year celebration with dinner and dancing to The Mike Wolverton Trio. $16.00

Friday, March 22, 2019 D1006W 6:00 - 9:00 pm
Enjoy a delicious dinner and dancing to The Mike Wolverton Trio $13.00

Friday, May 24, 2019 D1007W 6:00 - 9:00 pm
Enjoy a delicious dinner and dancing to The Mike Wolverton Trio. $13.00

Monthly Matinee
2nd & 4th Friday, 12:30 pm
Enjoy movies but don’t like watching them alone? Join us as we show the latest and greatest releases on DVD each month projected on a larger screen. Titles are announced in the Times. Suggestions and donations are welcome. No movie I/23.
Financial/Investment Aide
3rd Thursdays, 10:00 am
Jan. 17, Feb. 21, March 21
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call 248-246-3900 to reserve your free 30-minute appointment.

Focus on the News
1st & 3rd Tuesdays, 10:30 am
Tired of talking back to your TV set? Join a fun and lively discussion of local, national, international and informal news issues. Visitors encouraged. We’re always looking for new people.

Foot Doctors
2nd Wednesday, 9:00 - 11:00 am
Jan. 9, Feb. 13, March 13
Dr. Robert Adas and Dr. Larry Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Please pre-register.

Genealogy 101
Thursdays, 1:00 - 4:00 pm
Jan. 10 - Feb. 14
Feb. 28 - April 4
$88 / 6 weeks
Discover your family history and your next great passion in life! Learn how to do genealogy and you’ll make fascinating new discoveries about your ancestors and their lives! This excellent course series is designed with all the fundamentals for beginners and amateurs who want instruction, reference guides and advice to help you have success with your own research. Basic topics: types of records; how to find them; evaluating your evidence; standards of proof; and organizing your materials. Uncover and share your family legacy to-day! Bring a $5 syllabus fee and note taking materials to class. Pre-registration required.

Grief Support Group
1st and 3rd Fridays
10:30 - 11:30 am
Jan. 4 & 18, Feb. 1 & 15, March 1 & 15
This service is offered at no charge to anyone mourning the loss of a loved one. Offering a safe and supportive environment for participants to express their feelings and better understand the grief process. Group will be facilitated by Grief Support Manager at Hospice of Michigan, Oakland County. State of Michigan Licensed Counseling & Social Worker. For more information contact: (248) 246-3900.

Holiday Handbell Concert
Friday, December 7, 1:15 pm
Enjoy a spectacular Concert featuring the music of the Royal Oak Senior Handbell Choir. No charge.

Massage Therapy
By appointment
Jan. 17, 18, 23 & 24; Feb. 12, 15, 19 & 21; March 14, 15, 19 & 21
Licensed Massage Therapist Heidi provides therapeutic massage using the holistic approach. All of these massages provide benefits; help in reducing muscular and nerve pain and aids relaxation. She provides 35-minute massage sessions for $30, or 75-minute sessions for $60. Call the Center for an appointment, 246-3900.

Manicures
By Licensed Nail Technician
2nd Tuesday of the Month
Jan. 8, Feb. 12, March 12
By appointment only
Between 9:30 am and 4 pm
$10.00
Andrea Weiss will be here the second Tuesday of each month to offer manicures. Treat yourself or someone else to this wonderful service. Services provided for women and men.

R.O./AARP Tax-Aide Program
Mondays & Wednesdays, Feb. 4 - April 10, 2019
Doors open at 9:00 am; Service provided on a first-come, first-served basis
AARP-trained and IRS certified volunteers will assist individuals with free tax help and free e-filing for taxpayers. Preparers will assist with tax forms including homestead rebate, home heating credit, Federal, State, and local forms. You must bring photo identification, copy of last year’s tax return, Social Security card or statement with full SSN on it for you, spouse and all dependents and all W-2’s, 1099-R’s and other income related forms. For more specifics, please pick up a flyer at the Mahany/Meininger Senior Center.

Retirement Planning Fundamentals
(Pre-retirement)
Thursday, Jan. 24 and 31
6:30 to 8:30 pm
C1008W
Tuesday, Jan. 22 and 29
6:30 to 8:30 pm
C1009W
$39/person, bring a spouse or guest at no additional charge
An educational course for people from 6 months to 10 years from retirement. The course focuses on planning and preparing for retirement covering topics such as investments, managing taxes, employer retirement plans estate planning, social security and insurance planning. Call 248-246-3900 to register.

Retirement Planning Fundamentals
(Post-retirement)
Tuesday, March 26 and April 2
1:30 to 3:30 pm
C1010W
Thursday, March 28 and April 4
9:30 to 11:30 am
C1011W
$39/person, bring a spouse or guest at no additional cost
An educational course for people already retired. The course focuses on issues retirees face today and how they can be addressed. The course covers topics such as required minimum distribution, retirement income, Medicare, long-term care, investments and estate planning. Call 248-246-3900 to register.
Creative Coloring for Grown-Ups
1st and 3rd Mondays, 10:30 am
$2.00 drop-in material fee/per class
No class Jan. 21
Creative Coloring for Grown-ups is coming to Royal Oak Senior Center. Explore the latest coloring craze and make coloring your NEW hobby. Choose from large patterns and designs on professional card stock, that will challenge your brain in fine motor movement and detail. Socialize and connect with other color artists, in a relaxed atmosphere, and create a Masterpiece suitable for framing.

Studies have shown hobbies like coloring:
• Reduce stress and insomnia.
• Improves concentration and eye to hand coordination.
• Boosts self-esteem, when your friends and family see your finished results.
• Discover what this fad is all about, while you relax, play, and indulge in an activity which will take you back to carefree days.

Find Your Way to Writing: Memoir, Fiction, Creative Non-Fiction
Wednesdays, 3:00 - 5:00 pm
Jan. 9 - Feb. 27 C1012W
$55/8 weeks
Do you have a vague feeling you’d like to write something? Or, perhaps, a nagging feeling you should be writing? What would you write if you were to write? Do you know? And if you do, do you have enough support to make your dream a reality? Few writers get much writing done without support. This prose writing workshop will provide the support to help you identify what you want to write, to help you get started writing it, and to keep you writing until you’ve accomplished your writing goal. Preregister.

Maureen Dunphy teaches “Getting There from Here” and “Going Farther” writing workshops for Springfed Arts and, through Dunphy Consulting Services, coaches individual writers and provides editing services for individuals and institutions.

Painting – All Media
Thursday, 9:15 - 11:30 am
Jan. 10 - Feb. 28 C1019W
March 7 - April 25 C1020W
$55 / 8 weeks
Mike Byrne is past vice president of the South Oakland Art Association and past president of the Royal Oak Arts Council. Mike is a working artist in many mediums and accepts students from beginner to expert. Supply list is given at sign-up for those without their own supplies. Preregister.

Watercolor Painting/Stipple Drawing
Friday, 9:15 - 11:30 am
Jan. 11 - March 1 C1021W
March 8 - April 26 C1022W
$55 / 8 weeks
Explore the exciting art world of watercolor painting with instructor Mike Byrne! Beginners through advanced artists will work in wet-on-wet through to finishing techniques that include drybrush. For those interested in Stipple Drawing, a drawing technique using only dots applied with a pen or brush to paper, you’ll be rewarded with a piece of art that reflects your patience and talent. Supply list is given at sign-up for those without their own supplies. Preregister.

Computer Club
Wednesdays, 12:30 pm
Calling all beginners to experienced computer and tech enthusiasts. All levels are welcome to join our growing club, no membership required, drop in anytime! Guest speakers discuss various tech topics covering computers, cell phones, tablets, smart TVs, etc. There is always time for questions and answers so bring your tech questions. Check the Senior Times Newsletter for topics and speakers. Donations accepted.

Ask the Computer Lady!
Tuesdays through March 2019
9:15 - 9:45 am C1026W
12:45 - 1:15 pm C1027W
$20 / 30 min. sessions
OR
$35 for one hour (12:45 - 1:45 pm)
Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, your Mac, tablet, Android or iPhone, and learn how to check your email or make sure your security is up to date. Call ahead to register and pay: 248-246-3900.

“Get” your Gadget
Tuesdays, 11:15 am - 12:00 pm
Jan. 8, 15, 22 C1028W
Jan. 29, Feb. 5, 12 C1029W
Feb. 19, 26, March 5 C1030W
March 12, 19, 26 C1031W
$60 / Three 45-minute One-on-One Sessions on consecutive Tuesdays
This one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! You may also use the time for learning basic computer skills on our desktop computers. Remember to bring all cables and power cords along.
Call to register for your choice of dates: 248-246-3900.

Laptop Computer Class
Tuesdays, 10:00 am - 11:00 am
Jan. 8 - 29 C1023W
Feb. 5 - 26 C1024W
March 5 - 26 C1025W
$40 / 4 weeks
Set up for beginners and advanced students to bring your own laptop to class and learn to safely use Windows. Pre-registration required. A $5 materials fee due is to instructor at first class. Class size limited to 4. If only one student registers, the class will be shortened to two sessions, effectively becoming a one-on-one.
Winter Lunch and Learn Series

Receive a free lunch from Tim’s Kitchen for all whom pre-register and attend a presentation. Presentation is from 11:30 am to 1:00 pm. Out of respect for the presenter, please remain for full presentation and silence all phones during workshop. Please, no carry-outs.

If you sign-up for a Lunch and Learn and fail to show up or call to cancel two times in a calendar year, you will not be permitted to sign-up for any Lunch and Learn sessions for the remainder of that year.

Tuesday, Jan. 15 A1000
Arthritis and getting your body working better
Register by Jan. 10
Presenter: Upchurch Chiropractic
Dr. Stephen Upchurch will be here to bring you an inciteful workshop on arthritis and getting your body working better.

Tuesday, Jan. 22 A1001
Senior Relocation, Downsizing and Estate Sales, Benefits to Downsizing
Register by Jan. 17
Presenter: Caring Transitions of South Oakland Country
Quinn Wright with Edward Jones and Kelsey Florek, President of Caring Transitions of South Oakland County would like to treat you to Tim’s Kitchen and discuss downsizing – How to plan financially, when it might be time to consider, and Tips on how to do it.

Tuesday, Feb. 5 A1002
Are you ready to have “The Talk”? Register by Jan. 31
Presenter: American House Senior Living Community - Hazel Park
Are you ready to have “The Talk” about senior living? Join American House Hazel Park for lunch from Tim’s Kitchen and learn how to take your “talk” to the next level. We will discuss downsizing, veterans benefits and more!

Tuesday, April 16 A1003
Staying Active As We Age
Register by April 11
Presenter: Upchurch Chiropractic
Have lunch with Dr. Stephen Upchurch and learn about staying healthy and active as we age. Dr. Upchurch dedicates his practice to offering a healthier “natural” approach that assists your body in regaining its normal ability to heal.

Day Trips
continued from page 17

Ford Rouge Factory Tour &
Henry Ford Museum $99
Tuesday, March 19 T1022W
9:15 am - 3:45 pm Rybicki Tours
Take a five-part self-guided tour of one of America’s most famous manufacturing complexes where the Model A and Ford Mustang were born. It’s an awe-inspiring encounter with America’s celebrated manufacturing past, present and future. The Henry Ford Museum of American Innovation allows you to experience the strides of America’s greatest minds while fully immersing yourself in their stories. You’ll get a $15 voucher for one of three restaurants in the Museum. Cost includes transportation via motor coach and admissions. Comfortable, flat-soled shoes are recommended for this tour.

Sealed for Freshness $75
Thursday, April 11 T1025W
9:30 am - 5:30 pm Bianco Tours
This hilarious comedy takes place at a neighborhood Tupperware Party in 1968! The mix of personalities and the number of martinis consumed lead to a lot of hijinks, secrets revealed and insecurities as well. Cost includes transportation via motor coach, lunch at Hungarian Rhapsody and performance at the Theatre on the Avenue in Wyandotte. Choose your meal at registration.

Solanus Casey Pilgrimage $67
Wednesday, April 17 T1027W
9:00 am - 4:30 pm Bianco Tours
Fr. Solanus Casey’s lifelong dedication to the poor is celebrated at the Center. Tour the museum and gardens, have lunch at the auditorium and browse the gallery. You will have the opportunity to take part in a short mass as well as a healing service with confession. Shop at On the Rise Bakery, a program of the Capuchin Soup Kitchen. Cost includes transportation via motor coach, lunch and tour.

Copied with the Holidays
Hospice of Michigan
Friday, December 21
10:30 to 11:30 am
When grieving the loss of a loved one the holiday season can be bittersweet. Join us to discuss ways to cope with the holidays while honoring the memory of your loved one. Call to reserve your space prior to December 17th.

Healthy Back Class
Wednesdays, 1:30 pm
Jan. 9 - Feb. 13 C1017W
Feb. 27 - April 3 C1018W
$25 / 6 weeks
If you have ever experienced acute or chronic back pain, you are in the majority. This class, based on the YMCA’s Way to a Healthy Back, is designed to strengthen and stretch back and core muscles in order to prevent back injuries that can often result from everyday activities; to improve posture; and to increase awareness of body mechanics to promote safety in everyday movements. Class is 45 minutes; please bring a mat and water. Wear comfortable clothing and shoes. Instructor – Cindy Erlandson. Pre-register. Active adults get great results.

Zehnder’s Ragtime Festival $84
Thursday, April 25 T1026W
8:15 am - 4:30 pm
Join us for this fantastic annual music concert in Frankenmuth! You will be amazed by the skill of three veteran pianists (including our own Kerry Price and the legendary Bob Seeley!) as they pound out smokin’ hot tunes! There’s Ragtime, Blues and Boogie-Woogie, intermixed with many stories and a lot of humor! You will have 45 minutes to shop in town, or at Bronner’s before the plated lunch and the concert. Cost includes transportation via motor coach, Zehnder’s plated lunch, performance. Sign-up Deadline: March 1, 2019.

Restaurant of the Month
Join us bi-monthly as we travel near and far, seeking out both familiar and new cuisines. Look for announcements in our monthly Newsletter, or call the Center at (248) 246-3900 for more information.
**Winter 2019**

Register at royaloakrec.com

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**Chair Yoga**

**Wednesdays, 8:30 am**

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<tr>
<td>Jan. 9 - Feb. 27</td>
<td>8:30 am</td>
<td>C1040W</td>
<td>$36 / 8 weeks</td>
</tr>
<tr>
<td>March 13 - 27</td>
<td>8:30 am</td>
<td>C1041W</td>
<td>$14 / 3 weeks</td>
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</table>

Pilates is a neuro-muscular resistance control method of exercise designed to help develop strong, flexible muscles and better posture. This basic class emphasizes gradual progression, strict body alignment and exercise form. Wear loose comfortable clothes and bring a mat. Instructor Connie Bazzy (Workout Connie, Inc.) is certified in YogaFit, TRX Suspension Training, Brains & Balance, Past 60 Specialist and Certified Personal Trainer.

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**Silver Foxes**

**Monday, Tuesday, Wednesday & Friday, 9:30 am**

No class 12/24, 12/25, 12/31, 1/1, 1/21

Low impact aerobic classes for the intermediate exerciser. Increases flexibility and works the heart – all to a Richard Simmons video tape. No fee.

---

**Chair Yoga Exercise (DVD)**

**Mondays, 10:30 am**

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<th>Date</th>
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<tbody>
<tr>
<td>Jan. 10 - March 28</td>
<td>10:30 am</td>
<td>C1003W</td>
<td>$72 / 12 weeks</td>
</tr>
</tbody>
</table>

Tai Chi Basic exercises are for beginner and continue. The class will include: Tai Chi warm-up, gentle stretching, Tai Chi walking and silk reeling and Tai Chi Ball Qigong (the Ball in the Mind), and section one of Chen Style Tai Chi old form.

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**Chair Yoga**

**Wednesdays, 12:30 - 1:15 pm**

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<th>Date</th>
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<tbody>
<tr>
<td>Jan. 9 - Feb. 13</td>
<td>12:30 pm</td>
<td>C1004W</td>
<td>$25 / 6 weeks</td>
</tr>
<tr>
<td>Feb. 27 - April 3</td>
<td>12:30 pm</td>
<td>C1005W</td>
<td>$25 / 6 weeks</td>
</tr>
<tr>
<td>Fridays, 11:30 am - 12:15 pm</td>
<td>11:30 am</td>
<td>C1006W</td>
<td>$25 / 6 weeks</td>
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<tr>
<td>Jan. 11 - Feb. 15</td>
<td>11:30 am</td>
<td>C1006W</td>
<td>$25 / 6 weeks</td>
</tr>
<tr>
<td>March 8 - April 12</td>
<td>11:30 am</td>
<td>C1007W</td>
<td>$25 / 6 weeks</td>
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</table>

It's amazing how much yoga can be done in a chair! This 45-minute class consists of three 15-minute sections, the first and last of which are done seated in the chair. The middle section is done standing using the chair for balance. We focus on breathing and relaxation, stretching for flexibility, and balance practice which also increases muscular strength. The class is accompanied by soothing, stress-relieving music. You will leave feeling rested and rejuvenated.

---

**Chair Yoga Exercise Class**

**Mondays, 1:00 pm**

Join instructor Bill Scheff on Monday afternoons to learn all the fancy footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. $5.00

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**Silver Foxes**

**Monday, Tuesday, Wednesday & Friday, 9:30 am**

No class 12/24, 12/25, 12/31, 1/1, 1/21

Low impact aerobic classes for the intermediate exerciser. Increases flexibility and works the heart – all to a Richard Simmons video tape. No fee.

---

**Sit Down & Tone Up**

**Tuesday, 10:30 am**

No class 12/24, 12/25, 12/31, 1/1, 1/21

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg’s own weight (or bring ankle weights). Work upper body with 1 - 3 lb. weights. Video workout, free!

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**Tai Chi Basic & Chen Style**

**Thursdays, 9:15 am**

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Tai Chi Basic exercises are for beginner and continue. The class will include: Tai Chi warm-up, gentle stretching, Tai Chi walking and silk reeling and Tai Chi Ball Qigong (the Ball in the Mind), and section one of Chen Style Tai Chi old form.

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**Mahany/Meininger Center**

**Fitness Fun!**

Call (248) 246-3900
Drop-In Sports at the Salter Center

Pickleball
- The cost is $2.00 per session. Any individual caught not paying will be asked to leave the gym immediately.
- Sign-in sheets will be made available 30 minutes before scheduled start times.

Mondays
11:00 am - 1:00 pm or 1:00 - 3:00 pm
All levels - East Gym

Tuesdays
1:00 - 3:00 pm, All levels - East Gym
12:30 - 2:15 pm, 4.0 & higher - West Gym

Wednesdays
11:00 am - 1:00 pm or 1:00 - 3:00 pm
All levels - East Gym
11:00 am - 2:00 pm
3.5 & higher - West Gym ($3.00)

Bounce Volleyball
Tuesdays and Thursdays
11:00 am - 1:00 pm
Bounce Volleyball, a slightly slower paced game than power volleyball, allows a wider range of skill levels to participate and enjoy this great game. $1 per session.

Senior Pilates
Tuesdays, 11:45 am - 1:00 pm
Nov. 13 - Jan. 15 SA2302
No class Dec. 25; Jan. 1, 2019
$36 / 8 weeks

Tuesdays, 11:45 am - 1:00 pm
January 22 - March 12 SA2301
$36 / 8 weeks

Chen Style Old Form
Standing/Chen Style Laojia Yuile Continuing
Tuesdays, 10:00 - 10:45 am SA2013
Jan. 8 - March 26 at Salter Center
Fee: $72 / 12 weeks

This class is for continuing students. It is a more challenging training continuing silk reeling and stretching, kicking and stance meditation and energy applications. No beginners. Will learn and complete old form. Class taught by Han Hoong Wang.

Balance Training
Fridays, 12:30 - 1:00 pm
Jan. 11 - Feb. 15 SA2006
March 8 - April 12 SA2007

Cost: $25 / 6 weeks
Feeling unsteady? Loss of balance often results in falling and bone fractures. This 30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun and innovative exercises keep you smiling and moving! Jo Schirtzinger, from Leisure Unlimited LLC, has been teaching fitness classes since 1994.

Drop-In Pinochle
Wednesdays & Fridays, 12:30 pm
Drop in for an enjoyable game of pinochle, meet new friends. $1

Helping Hands
Fridays, 9:30 am
Interested in knitting, crocheting or sewing? Create blankets for chemotherapy patients at the Salter Center on Fridays, or work at home. Use your own or donated materials to create squares that can be assembled into blankets for the patients. Stop by and get the details about the size and type of materials desired, or call (248) 246-3180. Donations of 4-ply yarn gratefully accepted.

Let’s Walk!
Fridays - 8:30 - 11:00 am
A lively workout without leaving your chair. You will build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg’s own weight (or bring ankle weights). Wear tennis shoes and loose, comfortable clothing. Instructor Jo Schirtzinger, from Leisure Unlimited LLC, has been teaching this popular class in Royal Oak since 1994.

Sit Down & Tone Up
Monday, Wednesday, Friday; 9:30 am
Fun exercise for the active adult and senior. Improve your stamina, strength and flexibility. All exercises are adaptable to allow you to work at your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Workout to great music, make new friends, socialize, laugh and have fun! Bring a water bottle and hand-held weights if you have them. Wear tennis shoes and loose, comfortable clothing. Instructor Jo Schirtzinger, from Leisure Unlimited LLC, has been teaching this popular class in Royal Oak since 1994.

Stretch & Strength (40+)
Cardio, weights and stretching 11:00 am - 12 Noon

Winter 1
Mondays: Jan. 7 - Feb. 25
Wednesdays: Jan. 9 - Feb. 13
Fridays: Jan. 11 - Feb. 15
Fee: $26 / 6 weeks for 1 day SA2016
$46 / 6 weeks for 2 days SA2017
$64 / 6 weeks for 3 days SA2018
$5 drop-in fee No class 1/21, 2/18

Winter 2
Mondays: March 4 - April 8
Wednesdays: March 6 - April 10
Fridays: March 8 - April 12
Fee: $26 / 6 weeks for 1 day SA2008
$46 / 6 weeks for 2 days SA2009
$64 / 6 weeks for 3 days SA2010
$5 drop-in fee No class 4/19

Fun exercise for the active adult and senior. Improve your stamina, strength and flexibility. All exercises are adaptable to allow you to work at your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Workout to great music, make new friends, socialize, laugh and have fun! Bring a water bottle and hand-held weights if you have them. Wear tennis shoes and loose, comfortable clothing. Instructor Jo Schirtzinger, from Leisure Unlimited LLC, has been teaching this popular class in Royal Oak since 1994.

Yoga
Tuesdays at Salter Center, 1:15 pm
Nov. 13 - Jan. 15 SA2321
Jan. 22 - March 12 SA2320
$36 / 8 weeks No class 12/25, 1/1

Thursdays at Salter Center, 10:15 am
Nov. 29 - Jan. 17 SA2014
Jan. 24 - March 14 SA2015
$36 / 8 weeks

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase, strength, flexibility, alignment and balance. Instructor – Cheryl Baugh. Preregister.

Pilates is a neuromuscular resistance control method of exercise designed to help develop strong, flexible muscles and better posture. This is a basic class with emphasis on gradual progression and strict body alignment and exercise form. Wear loose comfortable clothes and bring a mat. Instructor: Cheryl Baugh, ACSM, Certified Fitness Instructor.

Book Club on page 31
**Royal Oak Senior Essential Services (ROSES)**

R.O.S.E.S. is a program providing a variety of supportive services to Royal Oak residents age 62 and over and qualify for subsidy. You must live in your own home - alone, with a spouse, or with a disabled adult child. Seniors living with able-bodied adult children do not qualify for the subsidy assistance. To ascertain household income, please provide your most recent Home Heating Credit or Michigan Homestead Property Tax Credit form. If you live in one of the senior high rises you will need to provide the HUD Tenant Eligibility & Rent Procedures Form. The following subsidy scale will apply:

<table>
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<tr>
<th>Income-One</th>
<th>Income-Two</th>
<th>Rate/Hour</th>
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<tbody>
<tr>
<td>Below $14,900</td>
<td>Below $17,000</td>
<td>$3</td>
</tr>
<tr>
<td>$14,901-$24,850</td>
<td>$17,001-$28,400</td>
<td>$5</td>
</tr>
<tr>
<td>$24,851-$39,700</td>
<td>$28,401-$45,400</td>
<td>$7</td>
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</tbody>
</table>

- Home Chores
- Home Repairs
- Personal Care

The City of Royal Oak sponsors this service. Call 248-246-3900, Monday - Friday.

**Adjacent Generational Exchange (A.G.E.)**

Sponsored by a grant from Beaumont Hospital, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

**Looking for a Few Good Volunteers!**
The Senior Center is always looking to introduce new programs. Do you have a few hours of time to spare each month? Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Call Carolyn Marsh, Volunteer Coordinator at 248-246-3917.

**Alzheimer Support Group**

1st & 3rd Mondays, 10:00 am
Feb. 4 & 18; March 4 & 19

This group is an opportunity for caregivers to share information and learn from others in a supportive, caring environment. Contact the Alzheimer’s Association at 800-272-3900.

**Aphasia Support Group**

Thursdays, 10:00 am - 12 noon

This group is for adults with communication disorders. Gain support from others on your road to recovery. For more information, call Carolyn Marsh, Volunteer Coordinator at (248) 246-3917.

**Deaf Assistance Group**

Wednesdays, 9:00 am

We welcome deaf adults for socialization each Wednesday.

**Hearing Tests/ Clean Hearing Aids**

1st Thursdays, 9:00 am - 10:00 am

Dec. 21, Feb. 15, April 19

Belsono will provide free Hearing Tests and Hearing Aid Cleanings every other month. Call (248) 246-3900 for a 15-minute appointment.

**Legal Aid**

3rd Wednesday
(Senior/Community Center)
Jan. 16, Feb. 20, March 20

Do you have a legal issue to resolve, but are not sure you need to engage the services of an attorney? Soren Andersen, Attorney at Law, will provide free 15-minute consultations to senior citizens each month. A fee will be charged for additional services. Call (248) 246-3900 for an appointment.

**Medicare/Medicaid Assistance Program**

MMAP counselors are available for assistance in choosing the right health plan for you. For questions regarding Medicare, Medicaid Part D prescription plans and Medicaid, call Carolyn Marsh at (248) 246-3900. In-person assistance by appointment only.

**Outreach**

Our Outreach Administrator is available to help residents aged 62 and over through the sometimes overwhelming process of obtaining needed services. Please call (248) 246-3900 with your concerns about personal care, housing or other independent living requests. An in-home visit to assess needs is available through this service at no cost.

**P.A.L.**

(Positive Attitude Living)

Fridays, 10:30 am

Your attitude determines your life! Join this group to enrich your life and meet new friends. Bring your ideas for positive change to share with the group. Newcomers welcome.

**Tim’s Kitchen**

Enjoy meals, $3.50, prepared from scratch in the Mahany/Meininger Center kitchen Monday - Friday. Chef Tim Campbell's old favorites and new creations are nutritious, filling, and delicious! Call for monthly menus.

- Call (248) 246-3900, at least 1 day in advance to reserve a meal.
- Call to cancel reservations if unable to attend.
- Purchase meal vouchers (5 or 10 meals) at any time. Great gift idea!
- Bus fee is waived if you ride the bus to the Center for lunch!
- Menu subject to change based on availability of food supplies.

**Carry-outs now available $4.00**

Meals on Wheels are available to homebound residents unable to travel to the Center. Call Emerald Food Services at (248) 689-0001 for hot meals delivered daily. The menu for homebound meals differs from the meals served at the Senior Center.

**Transportation**

This service provided by the City of Royal Oak promotes independence for residents aged 60 or older, and adults who are permanently handicapped. Door-to-door service is available to those with mobility problems who need to be personally escorted to the buses. The driver will assist with bags of groceries. Call (248) 246-3914 between the hours of 9:30 am - 12:30 pm to arrange your transportation needs. Call up to two weeks before your appointment so that we may assure you of a ride. All buses are equipped with lifts for the handicapped. Prepaid tickets are available: $19 /5 round-trip tickets and $14 / 5 one-way tickets.

The Royal Oak Transportation service is sponsored by the City of Royal Oak; funded by Beaumont Health, SMART Municipal and Community Credit Funds, and rider donations.

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Winter 2019
City Snow Operations

Residents can greatly impact the snow removal process by moving their cars into driveways when a snow emergency is declared. This allows City snowplows to move unimpeded through residential streets and restore driveable conditions much sooner. Residents may call the Snow Emergency Hotline (248) 246-3442, to find out if a snow emergency is in effect.

Those who don’t cooperate could be ticketed, fined and/or impounded under a 1992 ordinance requiring them to move their cars off the street when a snow emergency is declared. On-street parking is prohibited, except with special permits, when an official snow emergency is declared. Emergency conditions are generally defined as a snowfall of four inches or more, or a projected snowfall of four inches or more.

Residents need to remove their cars prior to an official emergency declaration. When the emergency is declared, it’s absolutely critical that cars be off the roads as trucks will already be plowing by that time. Depending on the amount of snow – the City is plowed as follows:

**Priority One**
This covers snow up to four inches. Only major arterial streets such as 12 Mile Road are plowed and/or salted 24 hours a day as required.

**Priority Two**
When Priority One routes are done, crews shift to Priority Two which is connector streets and routes leading to schools. Intersections and drop-off areas at the schools are salted only during regular work hours, Monday-Friday, and are done only when they are in session.

**Priority Three**
This covers major storms of four inches or more. The City plows Priority One routes first, then Priority Two (if school is in session), then local streets and, finally, dead ends. Salting of intersections begins when dictated by conditions (salting every street is cost prohibitive). Plowing of local streets is started in a different area of the City after each snowfall as a matter of fairness.

In the downtown area, snow is plowed to the center of the street, then picked up upon completion of residential areas.

The goal is to complete plowing and pickup operations within 24 hours after the snow stops, and it’s much easier to do if vehicles are parked off the street.

The DPS is often bombarded by complaints when snow is plowed into resident’s driveways. Unfortunately, it is an unavoidable circumstance because plows are fixed to push snow to the curb and there’s no place for it to go other than the driveway. It means the end of the driveway must be cleaned again after the plow goes through.

The City apologizes for the inconvenience but a plowed street is important for emergency vehicles and permits residents to go to work, school or shopping.

**Snow Emergency Ordinance: How it Affects You**

Winter is approaching and the citizen’s of Royal Oak should be aware of the city’s Snow Emergency Policy. The Royal Oak Snow Emergency Ordinance (Chapter 625) was enacted to provide for the safety of the public and to facilitate snow removal by city and county snow removal personnel.

It is unlawful for any vehicle to be parked on a street in the City of Royal Oak when a Snow Emergency has been declared, unless the vehicle has been issued an exemption permit by the Police Department. Permits will be granted for owners of vehicles who occupy a premises that does not have a driveway to park only in front of his/her residence. Applications for Snow Emergency Parking Exemption permits may be obtained from the Records Bureau of the Royal Oak Police Department (Monday-Thursday, 8:00 am - 4:00 pm) or the City’s website, www.romi.gov. Please note, permits once filled out need to be taken to Police Records Bureau. It cannot be completed online.

The Snow Emergency, once declared, will be broadcast publicly on radio, cable or the Snow Emergency hotline, 248-246-3442.

Any vehicle parked on any street is in violation of Ordinance 625 which constitutes a public hazard and an obstruction of traffic and may be ticketed, towed and/or impounded immediately.

When large snowfalls are expected, citizens should remove their vehicles from the street. This will eliminate any chance of fines and/ or impoundment if a snow emergency is declared, reduce the chance of vehicle accidents and allow city workers to clear the streets quickly and efficiently. Citizen cooperation will enable the streets to be cleared quickly and allow the Snow Emergency to be lifted in a timely manner.

The success of a snow removal operation, while sometimes inconvenient, is a community effort. Please be considerate of your neighbors. Thank you.
**Christmas Tree Collection**

Trees will be collected curbside for recycling 12/31/18 - 1/18/19 by a private chipping contractor on your regularly scheduled refuse day. Please put to the curb by 7:00 am and remove all decorations, lights, stands and plastic bags or the tree will be left until corrected for the next pickup day. Between 1/21/19 and 3/31/19 residents may take the tree to SOCRAA, 995 Coolidge for disposal. Call 248-288-5150 for details.

**Yard Waste Reminder**

Yard waste must be separated through December 21, 2018. Between December 24 and March 31, residents need to either hold onto yard waste materials until the program starts on April 1 or residents can take a limited amount (10 bags per day) to SOCRAA at 995 Coolidge, free of charge, until the program begins April 1. Please call (248) 288-5150 for details. The best way to handle grass clippings is to not collect them. Grass clippings are good for the lawn.

**What to do About Sewer Problems**

Residents who experience sewer problems should call the Department of Public Service immediately at (248) 246-3300 during regular working hours (7:30 am - 4:00 pm) Monday - Friday or the Police Department at (248) 246-3500 any other time. A Sewer Department representative will respond to your emergency. If the problem exists in the main sewer line, a City crew will clear the line. If the problem is in the property owner’s sewer line, it is the homeowner’s responsibility to call either a plumber or a sewer cleaning company. For full details on water and sewer emergency procedures, consult the City’s website at www.romi.gov.

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**Refuse and Recycling Directory**

**Department of Public Services (DPS)**

(Calls regarding garbage and recycling pickups)

**SOCRAA MRF/Drop-off Center 995 Coolidge**

248-288-5150

Drop-off accepts: All acceptable curbside recyclables; unflattened, unbundled cardboard; automotive and household batteries; paperback and hardcover books; all paper (except carbon); CDs/DVDs/VHS; floppy disks; cassette tapes (all cases recycled separately); used clothing; screw-off lids/caps; plastic bags (no twine or hard plastic handles; no frozen food bags). **NEW**: rigid plastics (such as containers, toys, shelving, plastic chairs, etc.).

**Household Hazardous Waste Disposal & Electronic Recycling**

Drop-off at 995 Coolidge: Monday-Friday, 9:00 am - 5:00 pm; Saturday, 7:00 am -1:00 pm

No APPOINTMENT NECESSARY  Visit socraa.org for more information.

**Hazardous Waste** – To dispose of: automotive products, lawn/garden products, cleaning products, fluorescent light bulbs, insulin syringes (in rigid container), oil-based paint, propane tanks, etc. NOTE: Containers will NOT be returned. NOT ACCEPTED: unlabeled containers with unknown contents, radioactive, explosives or hazardous waste from businesses.

**Used Electronics** – To recycle computer monitors, CPUs, printers, TVs (no wooden cabinets), radios, phones, cell phones, copy & fax machines, stereos, VCR/CD/DVD players, video game systems, etc. **Residents must remove sensitive or personal information from ALL devices.**

**Recyclables** – All plastic as long as it is a container; all glass bottles, jars; metal cans/pie tins/empty aerosol cans; newspaper; magazines, catalogs, paper, mail, paperback books, food/beverage/drink/juice boxes, paper cups; phone books; (flattened) corrugated cardboard; paperback. Place everything loose in recycling bin/toter and set at curb on refuse day before 7:00 am. Material cannot stick out of the toters.

**No styrofoam, plastic bags or batteries at curb. These items must be dropped off at SOCRAA.**

**Regular Refuse** – Put household materials in containers 20 to 32 gallon (maximum size) or in 20 to 30 gallon plastic bags and put at curb by 7:00 am. Cans and bags cannot be over 40 lbs. Containers under 20 gallon will be considered expendable and may be thrown out with the trash. **Yard waste cannot be mixed with trash at any time.**

**Yard Waste** – Picked up curbside from April 1 to mid-December; Separate non-woody material as well as woody yard waste (up to 2” in diameter) from regular refuse and put at curb by 7:00 am in a 32-gallon container with a yard waste decal (decal must face street) or in a paper landscape bag. Containers/bags cannot weigh more than 50 lbs. **Yard waste cannot be mixed with trash at any time.** Plastic bags are not acceptable. Not picked up as either yard waste or trash mid-Dec. to March 31. Either hold on to until program begins April 1 or call SOCRAA for disposal (248-288-5150).

**Leaf Vacuum Program** begins at end-October. Rake leaves into street according to city schedule or put into acceptable containers and set at curb by 7:00 am of refuse day until mid-December. For pick-up schedule, check Insight, WROK Cable (Channel 17 or 10) or the city’s website at www.romi.gov.

**Brush, Tree Trimmings & Shrubs** – Tie woody material between 2”-5” in diameter in bundles up to 4’ long and 15” in diameter, weighing no more than 40 lbs. each (under 2” SEE YARD WASTE). Set at curb with trash by 7:00 am of refuse day OR contact a private tree company (the city’s recommended chipping contractor, JH Hart, 586-795-5581).

**Broken Glass** – Wrap in heavy paper or place in cardboard box or metal can with lid and mark as broken glass. Put with regular refuse NOT in recycling bin.

**Appliances** (refrigerator, stove, hot water tank, etc.) – Set at curb on refuse day by 7:00 am. In apartment, cul de sac or dead end street, call DPS the day before your pickup at 248-246-3300. Remove doors on refrigerators and freezers and place to side.

**Carpeting & Padding** – Roll and securely tie no longer than 4’ in length and weighing no more than 40 lbs. per bundle. Set at curb with trash by 7:00 am on refuse day.

**Latex Paint** – Remove lid and allow to harden or add kitty litter or sand to absorb liquid; set at curb on refuse day with lid removed for pickup with trash. Or chip out dried paint, rinse can and put in recycling with lid removed. Oil-based paint is hazardous, please take to SOCRAA for disposal. Refer to Hazardous Waste for hours.

**Excluded Curbside Items** – The following items are NOT acceptable for curbside collection: Liquids, radioactive items, flammable products, explosives, infectious materials, asbestos insulation, tires, hazardous waste, engines, transmissions, rear axles, construction items, loose items such as bricks or concrete (even if it’s attached to something). These materials must be disposed of privately. See www.socraa.org or call 248-288-5150 for locations, hours, rates and procedures. Limited amounts of construction items from home occupant’s personal repair or remodeling are acceptable. However, items cannot be longer than 4’ in length, must be bundled and weigh less than 40 lbs. per bundle.

**Holiday Refuse Collection** – When one of the following holidays (official not observed) falls on a weekend, collection for the remaining days of the week will be delayed one day: New Year’s Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Day. Refuse collection is not affected for any other holidays or when the above holidays fall on a weekend.
NEW: Rigid Plastic Can Now Be Recycled!

SOCRRA, located at 995 Coolidge, now has a roll-off container at the drop-off center for bulky rigid plastic. Several items, such as old plastic garbage cans, old recycling bins, toys, shelving, etc. should be no larger than 4’ x 4’ to be baled by SOCRRA. The City is always encouraging the 3 R’s so if you can find a friend, women’s center, day care or other institutions that would benefit from still usable items, please consider donating so others may enjoy. Thank you.

BULKY RIGID PLASTIC RECYCLING

Reporting Streetlight Outages

The City of Royal Oak continues to work with DTE Energy to expedite the repair and maintenance of streetlight outages, please call the City of Royal Oak Department of Public Service at 248-246-3300, Monday - Friday, 7:30 am - 4:00 pm with the following information:

1. The specific streetlight location (i.e. the nearest cross streets, nearby address, etc.).
2. Whether the pole is wooden or metal.
3. The streetlight pole number (if possible).
4. Details about the outage (i.e. light out, light turns on and off, light stays on during the day, etc.)

Please be aware that DTE policy allows a two-week response time once the problem has been reported to DTE. In cases where a pole has been knocked down or if there is any other emergency, please call DTE Energy at 800-477-4747.
Help Protect Our Environment: Keep Drains Clear of Fat, Oil & Grease (FOG) and Flushable Wipes (FW)

Fat, oil and grease (FOG) and Flushable Wipes (FW) in sewer pipes can create severe pollution and sewer problems in our City. FOG & FW enters sewer pipes through restaurant, residential and commercial drains. Once in the sewer, FOG sticks to the pipes and thickens which can build up and eventually block the entire pipe. FW can easily get stuck on FOG and other items within the sewer pipe compounding the problem. Blockages can send sewage backward – out of manholes into streets, rivers or into homes.

Impact of FOG & FW
Preventing sewer backups from FOG & FW blockages saves residents money and protects the environment. When sewer pipes on private property back up, the homeowner is responsible for the cleanup. If you regularly pour grease or FW down the drain, it will form a blockage in the sewer pipe which then backs up through floor drains, toilets and/or at the lowest point in the house. A plumber will have to be hired to clean the sewer and possibly repair plumbing inside the home.

Sources of FOG
Fat, oil and grease are by-products of cooking found in: food scraps, meat fats, lard, cooking oil, butter, margarine or shortening, etc.

“Flushable” Products
Wet wipes, which are used for everything from wiping babies’ bottoms to removing makeup to quick house cleaning are labeled “flushable.” The problem is they’re really not ~ at least not the way toilet paper is. They may be flushable, but they are not biodegradable (like toilet paper) and are clogging sewer systems across the state and country. The phenomenon, which local officials call ragging, is causing major clogging problems. All it takes is one wipe to catch on a tree root or any other debris in the sewer system and then wipes or other items pile on each other causing a blockage. If residents think “out of sight, out of mind, it’s not my problem” they are mistaken. If a main sewer line gets dammed by a pile of wipes, then eventually it will back up into private sewer lines which will cause a back-up in people’s homes.

Unfortunately, the most frequently found items in sewer systems are paper towels/napkins, baby wipes, feminine hygiene products and household wipes which don’t deteriorate like toilet paper does. The only items that should be flushed is toilet paper and human waste; please throw everything else in the garbage.

Keep Drains Clear by Following These Tips
1. Pour or scrape greasy or oily food waste into a container or jar.
2. Allow grease to cool/freeze in a container before throwing in the trash.
3. Mix liquid vegetable oil with an absorbent material such as cat litter or coffee grounds in a sealable container before throwing in the trash.
4. Keep drains clean by pouring ½ cup baking soda down the drain followed by ½ cup vinegar. Wait 10 – 15 minutes and then rinse with hot water.
5. Do not put any flushable products down the drain, please throw in the trash.

Rethink Royal Oak Update

The Rethink Royal Oak development, which includes a new police station, City Hall, six-story office building, two-acre community park and parking structure, are moving full speed ahead. Construction on the new City Hall and police station are underway. The office building, City Hall and parking garage are expected to be completed in 2019 and the police station and park in 2020. All of this will positively impact the community by driving more foot-traffic to downtown businesses, allowing police and City Hall employees to work more efficiently and more.

Henry Ford Health System will occupy the entirety of the office building as an outpatient medical center and is expected to attract thousands of unique visitors annually to Royal Oak. Services will include women’s health, pediatrics, sports medicine, rehabilitation, radiology, primary care and outpatient surgery. A walk-in clinic, eye care services, pharmacy and a cafe are planned for the first floor.

The decorative alley behind businesses along Main Street, between 11 Mile and Third Street, is now open. Here, businesses can hold events for patrons. In fact, there are several celebrations in the works for 2019.

Knowing where to park is essential during this exciting project and residents are encouraged to “rethink” their Royal Oak experience by taking advantage of the city’s $5 public parking decks as well as ride-sharing, walking, and biking options. To learn more about the available parking options please visit www.rethinkro.com. Here, you can stay up-to-date with all aspects of the project as we await our new downtown. As a reminder, please know that the Farmers Market and Royal Oak Library are open and will operate a normal schedule throughout the development.

Residents are encouraged to help share their tips and tricks for navigating the downtown by becoming Rethink RO ambassadors. If you are taking advantage of all Royal Oak has to offer by dining, shopping and enjoying entertainment downtown, then we want you on our team. Please email RethinkRO@ROMI.gov for more information on signing up to be a Rethink RO ambassador. In the meantime, if you are using the garages, heading out the Farmers Market or anything in between, share your outings on social media with the hashtag #RethinkRO so we can see what you’re up to.

We appreciate your continued support and can’t wait to gather together for the next celebration in our new downtown!
Common Causes of High Water Bills and How to Prevent Them

An unusually high water bill is often caused by a leak or a change in water use. Some common causes of high water bills are:

- A leaking toilet, or a toilet that continues to run after being flushed
- A broken water pipe or a leak in the water heater
- A dripping faucet or an open outside spigot
- Filling or topping off a swimming pool
- Watering the lawn, new grass, or trees
- Water-cooled air conditioners
- A water softener that cycles continuously
- Running the water continuously to avoid freezing water pipes in cold weather.

Things to check if you get a water bill that’s higher than usual

Check for leaks.
Leaks, whether seen or unseen or unfixed, can waste hundreds and even thousands of gallons of water. It is important to routinely check your plumbing and home for leaky faucets, toilets, and outside taps and irrigation lines.

Toilet and Faucet Leaks
The most common cause for a high water bill is running water from your toilet. A continuously running toilet can waste up to 200 gallons a day or more depending on the volume flow down the drain. This can cause a huge increase to your typical water use, so you will want to fix your toilet as soon as you detect a leak. Some leaks are easy to find, such as a dripping faucet or running toilet. You can usually hear a running toilet, but not always!

Outdoor and Underground Leaks
Leaks can also occur in harder to find places, such as under your home and in crawl spaces. Also, check outdoor spigots and irrigation systems, and look for wet spots in your yard which may indicate a leak.

Changes in your water use.
Did you have house guests, water your lawn more than usual, or do anything out of the ordinary? Typically, summertime water use is higher than winter use since we are outside more, and maintaining our yards more by watering the lawn, garden, and trees.

Do-it-Yourself Toilet Assessment
There are two common issues that occur with failing toilets:

The most common type of leak is a deteriorated and/or defective Flush Valve (flapper) ball. If the flapper does not make a tight seal with the bottom of the tank, water will leak into the toilet bowl, which may or may not be detectable upon casual observation. Check your toilet using these steps:

1. Take the lid off of the tank behind the bowl, flush the toilet, and wait for it to fully refill.
2. Put a few drops of food coloring or a colored dye tablet in the tank. The Treasurer’s office has dye tablets available for your use if you stop by.
3. Wait one to three hours – the longer time is if you suspect yours is a small leak.
4. If there is any color in the toilet bowl, you have a leak.

The second most common type of leak is an improperly adjusted or broken fill (ballcock) valve. You can check for this by taking the lid off of the toilet tank, flushing, and seeing if water is draining into the overflow tubes when the tank if full.

The following table shows the amount of water that can be lost (and billed to your account) when you have a leak and it goes unfixed:

<table>
<thead>
<tr>
<th>Diameter (inches)</th>
<th>Gallons</th>
<th>Daily Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4</td>
<td>6.5</td>
<td>1,181,000</td>
</tr>
<tr>
<td>3/16</td>
<td>4.8</td>
<td>652,000</td>
</tr>
<tr>
<td>1/8</td>
<td>3.2</td>
<td>296,000</td>
</tr>
<tr>
<td>1/16</td>
<td>1.6</td>
<td>74,000</td>
</tr>
</tbody>
</table>

Be a Good Consumer and Use Water Wisely
The best way to prevent a high water bill is to be a good consumer by:

- **Tracking your own use!** Once a week, write down your water meter reading on your calendar. The quicker you can identify a problem, the quicker you can get it fixed and avoid a high bill.
- Asking the water department for help in identifying your meter and how to read it if you don't know how. We are here to help you understand your water use and its related bill!
- Reading available literature through the AWWA, the EPA, your local library, and other organizations on effective ways to conserve water throughout your home.
- Attempting to conserve water in the ways that make most sense for your family and home.
Locally grown produce and plants are in abundance at the Royal Oak Farmers Market. Every Saturday more than 30 Michigan farmers set up their booths offering everything from apples to zucchini. Most are picked within 24 hours of purchase. In addition to produce, there are several vendors selling antibiotic- and hormone-free meats, free range eggs and chicken, cheeses, freshly made salsa, baked goods, and much more. For more information, please call (248) 246-3276.

Open All Year!

Farmers & Specialty Food Vendors are at the market
- Fridays, 7:00 am - 1:00 pm, May - Thanksgiving
- Saturdays, 7:00 am - 1:00 pm, All year

Antique & Collectible Vendors are at the market
- Sundays, 8:00 am - 3:00 pm

Calendar of Events at the Market:

**November**
- 20 Tues Special Holiday Market (7:00 am - 1:00 pm)
- 22-23 Thurs-Fri Closed-Thanksgiving
- 24 Sat RDE Small Business Saturday (6:30 - 10:30 pm)
- 29 Thurs Holiday Magic Marketplace (4:00 - 9:00 pm)

**December**
- 6 Thurs World of Flavors International Food Festival (6:00 - 9:30 pm)
- 8 Sat RDE Whiskey & Wine (6:30 - 10:30 pm)
- 12 Wed Food Truck Rally with Santa (5:00 - 9:00 pm)
- 15 Sat Mitten Market #2
- 20 Thurs ROHS Jingle Bell Jazz (6:00 - 9:00 pm)

**January**
- 5 Sat New Year’s /New You (7:00 am - 1:00 pm)
- 19 Sat Royal Oak Bike Show (8:00 am - 2:00 pm)
- 19 Sat RDE Polar Beer Fest (6:30 - 10:30 pm)
- 26 Sat UFP Indulgence (6:30 - 10:30 pm)

**February**
- 13 Wed Food Truck Rally (5:00 - 9:00 pm)
- 16 Sat RDE Whiskey Business (6:30 - 10:30 pm)
- 23 Sat UFP Mac & Brews (6:30 - 10:30 pm)

**March**
- 2 Sat Media & Toy Show (8:00 am - 2:00 pm)
- 9 Sat Bestest Concert Ever (5:00 - 10:00 pm)
- 13 Wed Food Truck Rally (5:00 - 9:00 pm)
- 14 Thurs Think Spring Craft Show (3:00 - 9:00 pm)
- 15 Fri Think Spring Craft Show (3:00 - 9:00 pm)
- 23 Sat Cabin Fever Luau Party (6:30 - 11:00 pm)
- 30 Sat RDE Sip Savor Stomp (6:30 - 10:30 pm)

**Memorial Trees**

Want a great way to honor someone you care about? Grandparents you can plant a tree in a Royal Oak park for your grandchildren and watch them grow together. How can you do this? Consider purchasing a Memorial Tree. Planting and a wooden stand (which will be installed flush to the ground next to the tree) is included with the purchase of your Memorial Tree (you would need to purchase the plaque and install yourself). Please call the Department of Public Service at 248) 246-3300 to be added to the spring sale list to receive a form that will be mailed in January. There are several species of trees to choose from and they vary from year to year as does the cost. Memorial Trees are planted in any City park of your choosing, unless the arborists feels it won’t survive, then an alternate sight is chosen. What a wonderful way to honor a loved one for years to come.

**Performance Dashboard**

The citizen’s guide to finances and performance dashboard provides information that helps measure quality of life in Royal Oak. The report reflects the city’s fiscal stability, economic strength and public safety. While Royal Oak has always compiled this data, it was geared more towards finance wizards than the average citizen. This new system is compiled in layman’s terms and is very easy to understand.

You can find the city’s citizen guide, performance dashboard, debt service and projected budget reports on line at www.romi.gov/210/Performance-Dashboard.
Judson Center & Royal Oak
Bring Autism to Light

Autism is the fastest growing developmental disorder in the United States with 1 in 59* children being diagnosed, and since 2005 Judson Center's Autism Connections has been a part of the community helping children and their families impacted with an autism diagnosis.

Bring Autism to Light is Judson Center’s annual autism campaign that takes place in April, during National Autism Awareness Month. What started out as a grassroots campaign in 2017 has grown to include many local businesses, households and a partnership with the City of Royal Oak, with the goal of shedding light on what autism is through education and engagement. The blue light bulb is not only the official color for autism, the color blue also symbolizes a feeling of calm and acceptance in society.

Judson Center’s Autism Connections program works hard to provide quality services to the children and their families in our community. We realize that an autism diagnosis impacts the entire family, not just the family member with autism. “In less than two years my son's ability to communicate, socialize, and make goal-based decisions went from non-existent to flourishing. Louie is happy every day when he gets to Judson, and the staff and professionals he interacts with are genuinely invested, and care about his success. We see a completely different future than we did 16 months ago; and that is because of The Judson Center,” shared Nicole McCarthy, a Royal Oak parent in our Autism Connections Program.

Judson Center is thrilled to continue raising awareness and providing ways to educate our community with the City of Royal Oak. For more information on how you, your company or community can get involved with Bring Autism to Light 2019, please contact Erika Jones at 248.837.2052 or erika_jones@judsoncenter.org

*Centers for Disease Control and Prevention (CDC)

Salter Center Book Club

3rd Monday, 10:00 - 12:00 noon
Salter Center is closed January 21.

Are you an avid reader? Would you like to meet with people who share your passion for the written word? Join Matthew Day, Outreach Librarian from the Royal Oak Public Library, and members in the reading and discussion of the following popular selections:

December 17: Big Russ and Me: Father and Son: Lessons of Life by Tim Russert
January 28: Arsenal of Democracy: FDR, Detroit and an Epic Quest to Arm America at War by A.J. Baime
February 18: Burial Rites by Hannah Kent
March 18: Hillbilly Elegy by J.D. Vance
April 15: Varina by Charles Frazier
May 20: Thunderstruck by Eric Larson

Borrowed books are provided upon registration for each session. The selection of titles is subject to change without notice depending on availability of copies.

The blue light bulb is not only the official color for autism, the color blue also symbolizes a feeling of calm and acceptance in society. Judson Center’s Autism Connections program works hard to provide quality services to the children and their families in our community.

*Centers for Disease Control and Prevention (CDC)
Preschool/Child Care Information Night
Meet representatives from over 25 area preschools and child care providers at the 20th Annual Preschool/Child Care Information Night on Monday, January 28 from 7:00 to 8:30 PM at the Royal Oak Farmers Market. No registration is necessary and parking is free in the Royal Oak Farmers Market lot for this event.

Friends Annual Book Sale: March 7-10, 2019
Visit the library for the Friends Annual Book Sale, March 7 - 10. Thousands of gently used and new books and DVDs for all age groups will be on sale. The Friends of ROPL raise money to support library programs for all ages. The Friends Member Preview Night kicks off the sale on Thursday, March 7, 5:00 - 8:00 pm. Memberships, which start as low as $10, can be purchased at the door. Regular sale hours are 10:00 am - 5:00 pm on Friday, March 8; 10:00 am - 3:00 pm on Saturday, March 9; and 1:00 - 4:00 pm on Sunday, March 10.

ROPL Homebound Service
The Royal Oak Public Library is pleased to announce a new program that provides free mail delivery of books, both print and audio to Royal Oak residents who are unable to come to the library due to long-term or temporary disabilities. Through this service, books are mailed, along with return postage, directly to your home at no charge. Sign up is easy with your ROPL library card. Questions? Contact Mick Howey at 248-246-3724 or michaelh@ropl.org.

Youth Program Highlights:
- **Noon Year’s Eve Party** on Friday, December 28 at 11:00 AM. A special preschool party that won’t keep them up past bedtime!
- **Story Times for all ages** including a monthly Sunday Story Time at 1:30 PM.
- **Story Time Together Bags** are a new, fun way to make stories come alive for children. Each bag contains numerous books (fiction and nonfiction), CDs, song and rhyme sheets, and puppets that center around a specific theme. The entire bag can be checked out for three weeks and is ideal for parents and teachers to use with preschoolers.
- **Plus**, arts and crafts programs, STEM programming and more!

Registration required for most programs. Check ropl.org for a complete list or call the Youth Services Desk at 248-246-3725.

Live Music at the Library
- **Saturday, December 1 at 3:00 pm** – RJ Spangler Quartet
- **Monday, December 3 at 7:00 pm** – Royal Oak Handbell Ensemble
- **Tuesday, December 4 at 7:00 pm** – Holiday Cello Performance
- **Saturday, December 15 at 3:00 pm** – Martin Mandelbaum & Friends
- **Saturday, January 26 at 3:00 pm** – Paul Demick on Marimba
- **Saturday, February 23 at 3:00 pm** – MO-MO-Motown and 70s Soul with Sheila Landis
- **Thursday, March 14 at 7:00 pm** – Peter Bergin’s Ragtime St. Patrick’s Day Concert

Above is just a sampling of ROPL’s many winter programs. Visit ropl.org for the complete list or pick up a copy of the Leaflet.
Shovel It Forward

The Royal Oak Department of Public Service is always ready to take on a snowstorm but ensuring people can move about our community safely after a snowfall requires more than plows. It takes a team effort.

This winter, the City of Royal Oak is asking all property owners – residential and commercial – to join the Shovel It Forward movement and keep our sidewalks free of snow and ice. When sidewalks are clear, we increase the safety and mobility of everyone – from those with disabilities to school kids to first responders.

5 Things You Can Do to Shovel It Forward

1. Apply the 7-10 rule. Anytime it snows between 7 a.m. and 7 p.m., pledge to clear your walks by 10 p.m. If it snows between 7 p.m. and 7 a.m., pledge to clear your walks by 10 a.m.
2. Help your elderly or disabled neighbors remove snow and ice from steps and sidewalks.
3. Shovel your entire sidewalk. Wheelchairs need at least 36 inches to pass.
4. If your property is adjacent to curb ramps or bus shelters, pledge to help keep them clear of snow and ice.
5. Know someone who wants to keep his or her sidewalk clear but just can’t? Go to romi.gov/shovelitforward for a list of resources.

NEW: Residential Cross Connection Control Program

The City of Royal Oak is required under Public Act 399, Part 14, to maintain a cross connection control program to identify and eliminate any possible connections that could contaminate the public water system.

To fully comply with this state mandate, the city has contracted with HydroCorp of Troy, MI to assist with facilitating a Cross Connection Control Program.

Inspectors from HydroCorp will be in Royal Oak neighborhoods beginning in December 2018 to begin reviewing exteriors of homes for connections that could possibly contaminate the water distribution system. A typical site visit lasts approximately five minutes and the inspector will be looking at exterior garden hose connections, lawn sprinkler systems, and any other water sources.

There are no fees for the inspection; however, in circumstances where cross connections exist, any costs associated with the replacement, modification, installation and/or testing of backflow prevention assemblies remain the obligation of the homeowner.

The city’s website has answers to frequently asked questions regarding the Cross Connection Control Program at www.romi.gov/cccp. Informational brochures may also be picked up at the Royal Oak Public Library and at City Hall.

Additionally, residents may call HydroCorp directly at 1-800-690-6651 or email residential@hydrocorpinc.com. You can visit HydroCorp’s website at www.hydrocorpinc.com/resources/faq.

Holiday Magic Marketplace

Thursday, November 29
4:00 - 9:00 pm
Royal Oak Farmers Market

Over 75 crafters featuring unique gifts for all your holiday shopping needs.

Great holiday shopping – Visit with Santa!